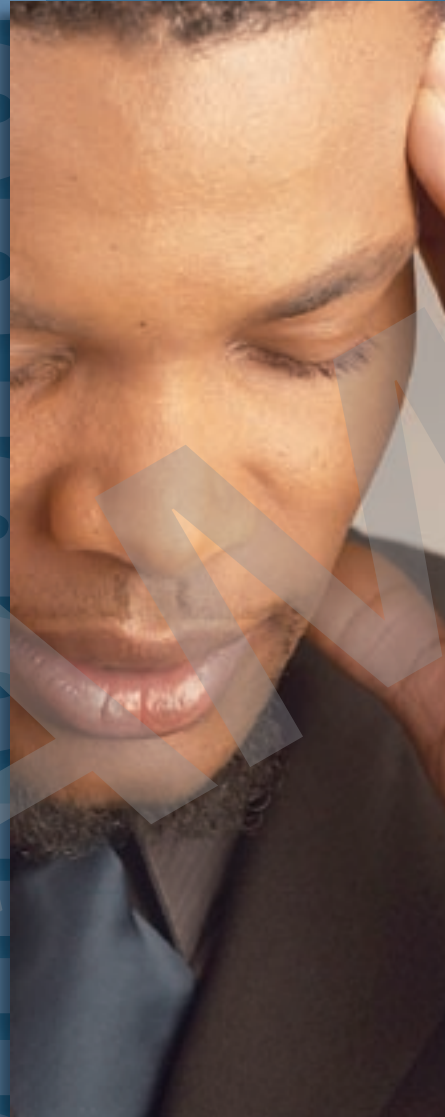


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Migraines & Cluster Headaches



In the beginning, spots or lines or colored lights may dance before your eyes. Soon a whole plethora of symptoms may ensue: redness, swelling, tearing, muscle contraction, hallucinations, irritability, depression, numbness, constipation or diarrhea and sometimes even a feeling of well-being! This is your warning.

Then the pain hits! It can range from minor discomfort to immobilizing agony and can last from minutes to days. The pain most likely occurs on only one side of the head along with nausea and vomiting.

Subluxations can cause **pressure** on the **brain stem** and affect **blood supply** to the head.



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Chiropractic
Health • Balance • Wellness

This is the classic migraine that millions of people, including children, live with.¹ The majority of sufferers are women.²

Not A Tension Headache

The migraine is different from more common tension headaches that usually involve the whole head, come on suddenly and only include nausea and vomiting if they are very severe.

The Cluster Headache

Cluster headache attacks come on abruptly, with intense throbbing pain arising high in one nostril and spreading behind the eye on that side of the face. The attacks tend to occur from once to several times daily in clusters lasting weeks or even months. Without apparent reason the cluster subsides as quickly as it began. Men between 20 and 40 are most affected by them.

Treatment

The treatment for a headache depends, of course, on what has presumably caused it. A headache arising from visual problems can often be cured by eyeglasses. An infection headache of the sinuses or ears is relieved when the infection subsides. But the most common headaches are usually treated with painkillers. This does



For over a century chiropractic's approach has been a blessing to migraine and cluster headache sufferers.

not get to the cause of the problem but addresses only the symptoms. Of course, to someone experiencing intense pain, symptom relief is no small thing. However, the hundreds of millions of dollars spent each year on everything from aspirin and aspirin substitutes to codeine and prescription drugs may provide relief from headache but don't correct the cause.

Can Chiropractic Help Me?

For over a century chiropractic's natural, drug-free approach to health has been a blessing to migraine and cluster headache sufferers. Chiropractors are the only healthcare professionals trained to analyze and correct subluxations, tiny distortions in your spine and body structure that affect your nerves, joints, discs and internal organs, including your brain. This common condition can weaken your body, cause fatigue and pain, lower vitality and set the stage for sickness and disease.

By correcting subluxations your body can better restore itself to a greater level of health and wholeness—to better heal itself.

The Chiropractic Checkup

Using his or her hands, X-ray, scales and other instruments, your chiropractor will determine if you have subluxations in your body. If you have them then he/she will give you a chiropractic adjustment or correction to remove them and improve your body function and promote your natural healing ability.

The Spine/Headache Relationship

Research reveals migraine sufferers have abnormal nerve firings in the brain and spinal cord.³ This may be why chiropractic helps so many migraine sufferers and it dovetails with prior findings that headaches can be caused by structural distortions. A study of 6,000 people who suffered from recurring headaches for two to 25 years showed that spine injury was the most important factor in the cause of the headache and should be suspected in every case of headache.⁴⁻⁵

If there are subluxations in the spine, no amount of drugs will correct them.

Chiropractic & Migraines

There are many studies showing the benefits of the drug-free, natural healing approach of chiropractic for migraine sufferers.⁶⁻⁹

For example, in one study chiropractic care resulted in a reduction of 90% of migraine episodes with the length of each migraine reduced by 38%. In addition, medication use dropped 94% and other symptoms associated with migraine such as nausea, vomiting, photophobia and phonophobia (light and sound sensitivity) were reduced.¹⁰

In a six-month study, half of 127 migraine sufferers were given chiropractic care while the other half were not. Twenty-two percent of the chiropractic group reported more than 90% reduction in migraines after two months and about 50% in the group reported significant decline in severity of migraines.¹¹

In one study a 28-year-old woman with severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive began chiropractic care. Two months later she reported no headaches. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant.¹²

One ten-year-old girl with chronic, severe migraine (six times a week for the past three years) was under treatment by a neurologist at a children's hospital. She was unable to go to school. Chiropractic examination revealed upper neck subluxations. After five adjustments she was back in school and leading a normal and healthy life.¹³

In Conclusion

Anyone suffering from headache of any type would do well to see their chiropractor to ensure that their spine is free of the vertebral subluxation complex. If there are subluxations in the spine, no amount of drugs will correct them—a chiropractic spinal adjustment is essential.



Anyone suffering from headaches needs a spinal checkup.