

[IMAGE]

What's Causing That Headache?

We all get headaches from time to time, but figuring out why we're suffering or how to get rid of them isn't always easy. Millions of Americans take daily or near-daily doses of pain relief medications to combat headaches, often providing only temporary relief and causing a variety of unpleasant side effects.

A number of clinical studies note the effectiveness of chiropractic manipulation in relieving headache symptoms, an observation confirmed by a recent literature review that provided evidence of a potential spinal cord connection. Specifically, the authors¹ search of previous research revealed that dysfunction in the upper part of the cervical spine has the potential to create cranial pain < headaches.

Evidence points to a variety of possible causes of headache pain, including stress, muscle tension, nutritional deficiencies, and hormonal imbalances, but most headache sufferers turn to over-the-counter drugs as their only form of relief. You don't have to be one of the millions dependent on pain medications. If you suffer from headaches, schedule a comprehensive evaluation with your doctor of chiropractic. If neck and spine dysfunction is causing your pain, regular adjustments might be an effective solution.

Reference:

1. Alix ME, Bates DK. A proposed etiology of cervicogenic headache: the neurophysiological basis and anatomic relationship between the dura mater and the rectus posterior capitis minor muscle. *Journal of Manipulative and Physiological Therapeutics*, Oct. 1999: Vol. 22, No. 8, pp534-39.

If you'd like more information on headaches, go to

<http://www.chiroweb.com/find/tellmeabout/headaches.html>

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