

CHIROPRACTIC ADJUSTMENTS IMPROVE MIGRAINES

MIGRAINE SUFFERERS BENEFIT FROM CUTTING EDGE RESEARCH

People often lament the figurative and literal feeling of experiencing a pain in the neck. But few discomforts rival those dealing with a constant and incessant pain in the head. **Headaches plague millions of people every year.** One of the worst forms of headaches present under the heading of a migraine. Migraine headaches manifest as a severe, painful headache lasting for hours or days, often accompanied by flashes of light, blind spots, tingling in the arms and legs, nausea, vomiting, and increased sensitivity to light and sound. Migraine episodes leave over 90% of sufferers unable to work or function normally.



Many factors contribute to the cause of a migraine headache. Most migraine sufferers experience headaches and associated symptoms on a consistent basis. The plight of a migraine sufferer often becomes agonizing and hopeless. **Migraine pain represents one of the worst types of naturally occurring pain which people experience.** The onset of a migraine likens to the sensation that the head enters a clamp which continually tightens. The pressure builds up from the base of the skull through the back of the eyes, making the most menial tasks seem impossible. Migraine sufferers face troubling decisions about their long-term health when faced with the prospect of being unable to function in the immediate moments of day to day life. The most common recommendation levied by the medical community comes in the form of powerful pharmaceutical drugs which mask the pain at the risk of long-term health issues and side effects such as tingling or numbness, nausea, drowsiness, and tightness in the chest and throat. People ingesting these drugs experience temporary relief for a few hours but likely return to a debilitating state

of pain after a short reprieve. Migraine medicines operate like most medications that cover up the cause of symptoms without ever truly providing healing or addressing the source of the issue.

Migraine sufferers deserve a future filled with hope and prospect of true healing and relief. Chiropractic spinal adjustments provide relief to millions of migraine sufferers by releasing pressure and stress from the spine and nervous system. **Research from 2015 showed that people who received upper cervical manual adjustments reduced their drug consumption by 80%, lowered days of migraines per month by 97%, and experienced an amazing decrease in pain and functional disability associated with migraines by 100%.** People suffering from migraines and other chronic types of headaches deserve to know about the benefits achieved through manual spinal Chiropractic care.

Nutrition, stress, hormones, and other lifestyle factors also play a role in the intensity and extent of migraines. The core of all of these factors connects to the role of the central nervous system. **The brain and nervous system direct the control and function of the entire body.** Chiropractors assess and address specific areas of function in the nervous system through appropriate care of the spine. Every Chiropractic adjustment helps improve communication between the brain and the body, reducing stress from the central nervous system. All migraine sufferers deserve to know about and experience the benefits achieved through Chiropractic adjustments.

Five lifestyle tips to address the cause of migraine headaches:

- 1) Chiropractic adjustments to correct spinal alignment and pressure in the upper neck
- 2) Remove dietary neurotoxins (artificial colors, sweeteners, and preservatives)
- 3) Increase water intake
- 4) Increase high quality sleep
- 5) Engage in regular body movement through exercise and increased heart rate