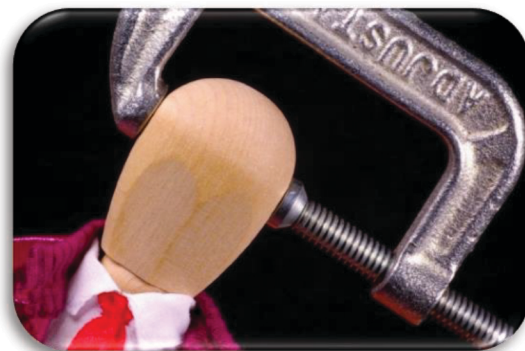


RESEARCH SHOWS: Chiropractic Relieves Migraine Pain

Approximately 38 million Americans suffer from migraine headaches. Ninety-one percent of people experiencing regular migraine headaches suffer migraine-associated disabilities directly related to their headaches. Millions of dollars pour into the treatment of migraines with medications which only address symptoms yet never resolve the underlying cause.

Chiropractic spinal adjustments provide one of the most effective interventions for people suffering with migraine headaches. The limitations to current pharmacological therapies highlight the need to explore alternative or integrative care for headaches. Newly published research shows the effectiveness of Chiropractic care for those suffering from migraines. Chiropractic adjustments deliver a significant effect that lowers the pain intensity of migraines, the duration of migraine pain, and the number of days migraine sufferers cope with pain.

Spinal adjustments improve function in the brain and central nervous system and help balance hormones associated with migraine headache pain. The purpose of Chiropractic involves gently adjusting misaligned or immobile vertebra with the intention to improve nervous system communication from the brain to the body. The position and movement of the spine intimately connects to the health of the central nervous system. An altered spinal segment causes interference which impacts overall health. Poor vertebral position traces back to a number of traumatic origins ranging from physical injury to the stresses of life. One outcome manifests as imbalanced stress hormones which produce migraine headaches.



Chiropractors specifically evaluate the alignment and mobility of the spine to ensure proper communication between the brain and the body. Other interventions known to support the influence of a Chiropractic adjustment in helping migraine sufferers include spinal stabilization exercises, deep breathing techniques, soft tissue massage, stretching, nutrition, and ergonomic modifications.

Many people suffering from migraines believe that medication provides the only form of pain relief. Meanwhile, pharmaceutical medications represent some of the most dangerous drugs on the market due to their toxicity, potency, and potential for addiction and harm. The pain associated with migraines need not be exacerbated by the side effects of an intended treatment. Medicinal side effects from medications intended to treat the pain often complicate the healing process and rarely ever address the source of the pain or provide long term resolution. Chiropractic provides a drug-free approach to addressing migraine suffering. Nervous system care offers a critical solution that pursues the permanent resolution of migraine headaches. The most up to date research contributes to building evidence which physical pain relief begins with ensuring optimal function exists in the nervous system. Before experiencing another episode or ingesting another drug, every migraine sufferer deserves the hope of Chiropractic.