

# Chiropractic Provides an Answer to Migraines

Thousands of migraine headache sufferers find relief with chiropractic. Most medical practitioners do not understand or remain uneducated about the benefits of recommending chiropractic care to patients suffering with migraines. Chiropractors and researchers continue to see results and trends that other healthcare providers need to understand in order to effectively bring relief to hurting people. Research confirms that chiropractic spinal adjustments help relieve tension and reduce stress in the nervous system, giving migraine sufferers a unique advantage to tackling such a disabling condition.

Migraine headaches diagnose as being 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. Migraines leave over 90% of sufferers unable to work or function normally during an episode.



Many factors contribute to the cause of a migraine headache. The plight of a migraine sufferer typically becomes agonizing and hopeless. The pain of a migraine represents one of the worst types of pain a person can endure. The pressure builds up from the base of the skull through the back of the eyes and makes the most menial tasks seem impossible. Migraine sufferers often succumb to any hope of relief prescribed by a medical doctor. The relentless pain usually leads to the consumption of powerful pharmaceutical drugs that bring a few hours relief but never solve the cause of the problem. The pain returns and the drugs often bring damaging side effects that prove just as damaging and harmful as the migraine pain.

Studies continue to produce priceless new recommendations, strategies, clinics, and procedures that provide relief and genuine healing. Chiropractic spinal adjustments provide relief to millions of migraine sufferers by releasing pressuring and stress from the spine and nervous system. Research shows that those who receive chiropractic spinal adjustments experienced less frequency, duration, disability and medication use stemming from migraines. Twenty percent of the subjects in the study actually experienced a 90% reduction in migraine symptoms from just two months of nervous system care.

Chiropractors assess and address specific areas of function in the nervous system through appropriate care of the spine. Every adjustment improves communication between the brain and body, reducing stress from the central nervous system. All migraine sufferers deserve to know about and experience the benefits achieved through chiropractic adjustments. Offer these five lifestyle implementations to anyone suffering from migraines.

## **5 health tips that address the cause of migraine headaches:**

- 1) Check and correct spinal alignment by a chiropractor (specifically in the upper neck)
- 2) Remove neurotoxins from the diet (artificial colors, sweeteners, and preservatives)
- 3) Increase daily water intake
- 4) Get more quality sleep
- 5) Move the body regularly (exercise to regularly increase heart rate)