

## New Research Highlights: Chiropractic Adjustments Benefit Migraine Sufferers

A migraine manifests as a unique and excruciating headache which often accompanies nausea, vomiting, and sensitivity to light. Migraines often last from 4 hours to 3 days with some lasting even longer. **The American Migraine Foundation estimates that more than 36 million Americans suffer from migraines.** With women experiencing episodes 3 times more often than men. Most people start having migraine headaches between the ages of 10 and 40.

Migraines leave more than 90% of sufferers unable to work or function normally during an episode. Symptoms of a migraine headache cause a person to feel massive head pressure, sensitivity to light, and even the inability to eat or keep food down. The current standard of care for those affected involves powerful pharmaceutical drugs which neither resolve the root cause nor initiate a plan to prevent future episodes.

Doctors do not know the exact cause of migraine headaches, although root causes appear related to changes in the brain. For many years scientists believed migraines resulted specifically from changes in blood flow which occurs in the brain. **Current research indicates that migraines originate from neurological interference.** Properly prescribed migraine medications potentially increase the risk of medication overuse headaches, sensitivity to pain, and a dependence on the drugs. The limitations to current pharmacological therapies highlight the need to explore alternative or integrative treatments for migraines. **Chiropractors provide an alternate solution and hope for the future.**

One non-pharmacological approach to help migraine sufferers begins with Chiropractic spinal adjustments. Approximately 15.4% of individuals with migraines used Chiropractic care in the past 12 months. New research reveals the value of Chiropractic adjustments for those suffering from migraine headaches. The analysis of six major studies indicated that spinal adjustments made a greater impact on reducing the number of migraine days compared to all control solutions. This large study of subjects receiving spinal adjustments accompanied significant reductions in migraine days, pain intensity, and disability compared to those in control groups.



The science speaks clearly. **The spine intimately connects to the central nervous system.** Movement and alignment of the spine prove necessary for appropriate brain to body communication. Stress alters spinal position and movement. The interference restricts the brain's ability to control and regulate blood vessels in the head, stress hormones, and other key factors which contribute to the onset of a migraine. Chiropractors provide solutions for migraine headaches yet much of the public remains unaware of the potential for relief that awaits at a local Chiropractor. Better life quality and hope for a pain free future begins when Chiropractic adjustments which will unlock the health potential within everyone.