

Ever suffer from HEADACHES?

Don't worry - you are not alone. Around the world there are millions who suffer from headaches, or migraines, every day. The good news is that there is a solution for you.

Dr Christian Fludder, a chiropractor, talks about headaches:

“Headaches are very common, and one of the major three disorders that brings people to a chiropractor along with lower back and neck pain. The most common types we see are migraines, tension-type and cervicogenic - meaning from the neck. Chiropractic has been found in many research studies to be beneficial in decreasing the length of time that you have a headache, the severity and the recurrence rate of the headache. Let me use cervicogenic headaches as an example. When the joints in your neck - or even upper back! - are not working properly, they cause what we as chiropractors call ‘subluxations’.”

“Now this improper motion causes muscles to work improperly creating tension that we feel in our necks. This travels up the spine and can cause pain around the base of the skull. If left unchecked, it can progress into a more severe headache that will involve the front part of the head, creating a sensation of pressure inside the skull.”

Chiropractic works to restore proper spinal movement, which allows the involved muscles to relax and stop the headache before it begins. But this is for cervicogenic type headaches; migraines involve a slightly different process that can create different symptoms. Commonly, people tend to describe a pain that is inside their skull, usually behind one or both eyes. It can involve nausea, a clamminess of the hands, sensitivity to lights and sounds and sometimes even spots or lights in your vision.

“Migraines are much more complex than simple headaches, and although placed on the same spectrum, they require a much more guided approach when it comes to treatment. A lot of people know



when they are getting a migraine, they have a sense that it is coming and tend to go find a cool, dark place to lie down. The reason why we get a lot of the symptoms that accompany migraines is because inside your nervous system, a region that controls a lot of body function has been overstimulated and causes a larger than normal response. The result? Nausea, sensitivity to light and sounds, and obviously pain in the head.”

If this sounds familiar to you, chiropractic may be the treatment that you are looking for, but a thorough assessment would be strongly recommended.