

HEADACHES

Headaches are defined as a pain in the head due to a variety of reasons. The intensity, location and frequency varies from person to person. Headaches are a very common complaint and are triggered outside the brain tissue, since the ***brain itself has no sensory nerves.*** Only certain areas of the head actually feel pain and these are the skin and tissues directly beneath the skin, the arteries, veins, and the cranial and cervical (neck) nerves.

TYPES OF HEADACHES

1. **Muscle Contraction Headaches:** caused by muscle spasm, most commonly Tension Headaches.

Signs and Symptoms of Tension Headache:

- dull pain in the back of the neck, temples and scalp

2. **Vascular Headaches:**

A. Migraine Headache: intense, sharp pain associated with altered dilation and constriction of the blood vessels in the head. Affects females more than males

Three types:

- Classic Migraine "auras" accompany the migraine which include blurred vision, flashes of light, dizziness, numbness on one side of the body and muddled thinking that occurs before the pain starts.
- Common Migraine - no warning sign or "aura" before the headache.
- Complicated Migraine - neurological symptoms that last even after the headache disappears, such as numbness, tingling, speech problems, etc.

B. Cluster Headaches: most painful, affects mostly men who are Type A and heavy smokers. May be related to chemical in the brain which causes blood vessels to enlarge and cause pain. Signs and symptoms include intense burning pain around the eyes and temples that usually occurs in episodes the same time every day for several days. Usually symptoms return every few months.

POSSIBLE CAUSES OF HEADACHES

Tension headaches

Muscle contraction can be due to subluxations of the spine, stress or anxiety, poor posture, metabolic/digestive problems or a poor diet.

Migraines

Food allergies/sensitivities - usually favorite food

Chemical/environmental allergies - i.e. MSG, sulfites, perfume, etc.

Stress/Anxiety

Hormonal imbalances

Genetics

Head trauma

Candidiasis

Smoking

Spinal misalignments, foot misalignments

Toxic colon

Eye strain

Excess salt intake, aspartame (Nutrisweet), MSG

Platelet aggregation - blood clotting which constricts the arteries

Poor diet and nutritional deficiencies

Heavy metal toxicity

Anemia

Reactive hypoglycemia

Anemia

Hypertension

TMJ

Alcohol abuse

Caffeine or other drug withdrawal

NATURAL SOLUTIONS TO HEADACHES

TRIAD OF HEALTH

- PHYSICAL
- BIOCHEMICAL
- EMOTIONAL

PHYSICAL SOLUTIONS

- DRINK 3 QUARTS OF WATER DAILY
- GET EVALUATED WITH THE LATEST TECHNOLOGY , INSIGHT MILLINIUM or POSTURAL PRO
- CHIROPRACTIC CARE TO ELIMINATE NERVE IMPINGEMENT & POSTURAL IMBALANCES
- CRANIAL & TMJ ADJUSTING
- TENS (TRANSCUTANEOUS ELCTRICAL NERVE STIMULATION)
- STRESS REDUCTION TECHNIQUES
 - BIOFEEDBACK
 - SOUND LIGHT THERAPY
 - MASSAGE
 - DAILY EXERCISE & STRETCHING
- HOT BATHS, STEAM ROOMS, SAUNAS HELP REMOVE TOXINS
- COLD PACK APPLICATION TO HEAD, IN CONJUCTION WITH HOT FOOT BATHS
- AVOID EYE STRAIN - GLASSES
- ADDRESS DENTAL PROBLEMS

BIOCHEMICAL SOLUTIONS

- GET EVALUATED FOR ENVIRONMENTAL & FOOD SENSITIVITES
- MAINTAIN A FOOD DIARY
- AVOID:
 - ASPARTAME (NUTRA SWEET) & DIET SODAS
 - MSG
 - DAIRY
 - CAFFEINE
 - EXCESS SALT
 - PARTIALLY HYDROGENATED OILS
 - FOOD ADDITIVES
 - CHOCOLATE
 - REDWINE
 - ALCOHOL
 - NITRITES (HOT DOGS, SAUSAGE, SALAMI, PEPPERONI)

- STOP SMOKING (HOMEOPATHIC REMEDY)
- DETOXIFICATION PROGRAM
- BALANCE DIET TO ELIMINATE NUTRITIONAL DEFICIENCIES
- NUTRIENT APPLICATION:
 - INCREASE ESSENTIAL FATTY ACIDS INCLUDING FISH OIL & BLACK CURRANT SEED OIL
 - NIACIN
 - MAGNESIUM
 - VITAMIN C W/ BIOFLAVONOIDS
 - GOLDENSEAL
 - HERBS
 - FEVERFEW
 - VALARIAN
 - SKULLCAP & PASSION FLOWER
 - TUMERIC
 - CAYENNE PEPPER
 - GINGER
 - WHITE WILLOW BARK

EMOTIONAL SOLUTIONS

- DAILY MEDITATION & PRAYER
- DAILY AFFIRMATIONS
- SET BOUNDARIES - LEARNING TO SAY "NO"
- COMMUNICATE YOUR FEELING