

The Capital Wellness Health Minute...



Headaches

Can you guess how many different types of headaches there are? I can certainly think of some! Here's a few on my list: the headache that feels almost like a toothache, the headache that transfers from one side of your head to the other. Then there is the headache that comes just as your boss enters your office☺ I am sure you can think of others. As you can see there are many types and causes of headaches, but did you know that the International Headache Society lists over 300 different types of headaches? That's a headache for every one of the things in our lives that cause us stress! Headaches are the number one reason people go to pharmacies and are the main reason we have lost work days in the country.



There are many different reasons a person gets a headache, but what you may not know is that many of these headaches begin in the spine. Poor posture or injury can force your spinal vertebrae out of alignment, putting pressure on nerves and blood vessels. When nerves send signals to surrounding neck muscles, those muscles tighten and a headache may begin. Also, there are **trigger points** (knots in the muscle) in those neck muscles that can cause headaches or headache-like symptoms. If these trigger points are the cause, there are no over-the-counter medications that can combat that. Other headache triggers include smoking, allergies, caffeine, alcohol, some diseases, and nutritional deficiencies.

Do you wonder if chiropractic is effective for headaches? Perhaps a better question to ask is this: **why** is chiropractic effective for headaches? The reason is simple. Most of the headaches symptoms are caused by insufficiency of the spine, and as chiropractors, we treat the spine! By making sure the spine is in proper alignment, we ensure proper blood flow to the muscles, helping them relax and stop pressuring the nerves. Maintaining proper blood flow also helps the blood transport nutrients that help keep muscles healthy. Furthermore, by maintaining alignment, we can keep pain signals out of the spine, making chiropractic effective for treating your headaches. To help prevent headaches, I suggest avoiding alcohol, caffeine and cigarettes, but most importantly, **keep your spine aligned!** Talk with us at Capital Wellness Chiropractic about what you can do to strengthen your neck to further help prevent headaches.

In good health and best wishes,

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