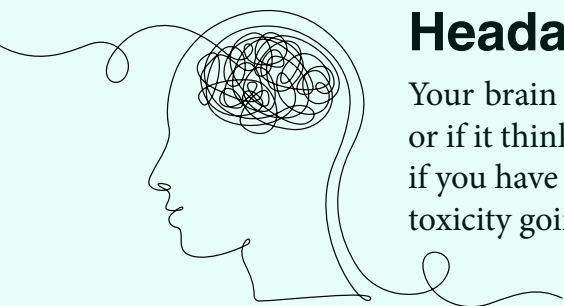


# Headaches



*Do you suffer from headaches or know someone who does? If you do, you are not alone.*

The head is the most common site of pain in the body. Headaches can range from mild pain through to intense pain that leaves you bedridden.



## **Headaches are a sign that something is wrong**

Your brain will create the sensation of pain if it thinks there is something wrong or if it thinks there is a potential problem - e.g. your brain will give you a headache if you have taken too much medication - letting you know there is some chemical toxicity going on! And some headaches are a warning of lifethreatening illness.



## Chiropractic care may help

We know now, from research studies, that when your spine is not moving properly, this changes the way your brain perceives what is going on in and around your body, the way it integrates other sensory information, and the way it controls your body.<sup>1-3</sup> The movement of your spine is very important for your brain to know where you are in space, and since you cannot see your spine with your eyes, your brain relies on the information it receives from the small muscles closest to your spine and skull.

If the segments of your spine are not moving properly this may, for some people, manifest as headaches. Others may experience back pain. It's possible that problems in the spine may even lead to some babies experiencing colic or some kids may not be fully aware of their bladder at night and end up with bedwetting. Research has shown that when a chiropractor then gently adjusts these subluxations, it helps the brain to more accurately 'see' what is going on in and around the body.

So, when you get adjusted by your chiropractor, if your spinal dysfunction was manifesting as headaches, these may improve. If your spinal dysfunction was manifesting as back pain, then this may get better.

Researchers have reviewed all of the randomised controlled trials that have looked at the effects of chiropractic care or spinal manipulative therapy on headaches.<sup>4-6</sup> The results show that chiropractic care does really help some people with headaches and migraines!

We don't know for sure who will respond well, but for some people, when they get under chiropractic care, their migraines may almost completely resolve within just a couple of months. In another study,<sup>8</sup> 80 patients with chronic headaches that were due to a problem in their neck, called cervicogenic headaches, received eight weeks of chiropractic care and another similar group of 80 patients received eight weeks of light massage. What they found in this study was that the patients receiving chiropractic care improved significantly compared to the control group that received massage.

These studies suggest that chiropractic care may really help some people suffering from different types of headaches. So, if you experience headaches, why don't you consider chiropractic care and make sure your spine is functioning well so you can operate at your best!

### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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