

Migraines & Upper Cervical Chiropractic

If you are currently living with migraine headaches, you know the classic symptoms of pain, sensitivity to light or sound, nausea, and vomiting. Some migraine sufferers also experience visual disturbances, numbness, tingling, clumsiness, or have difficulty communicating.

What Causes Migraines?

Migraines can be triggered by a number of factors including **stress, excessive light or sound, fatigue, hunger, diet, hormonal changes, weather changes, caffeine, cigarette smoke, head trauma, neck movements**, and even the use of a low pillow. However, it is important to understand that these "trigger factors" do not cause migraine headaches.

Dr. Seymour Diamond, Executive Director of the *National Headache Foundation*, has announced that new imaging techniques now allow scientists to identify what they believe to be a cause of migraines: when the brainstem malfunctions, it increases the swelling of blood vessels surrounding the brain, resulting in a migraine headache.

Common Medical Treatments

Typical medical treatments include both over-the-counter and prescription drugs. However, if you've seen the drug ads on TV or read the *Physician's Desk Reference*, you know that all of the common migraine drugs are potentially dangerous and can cause serious side effects.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

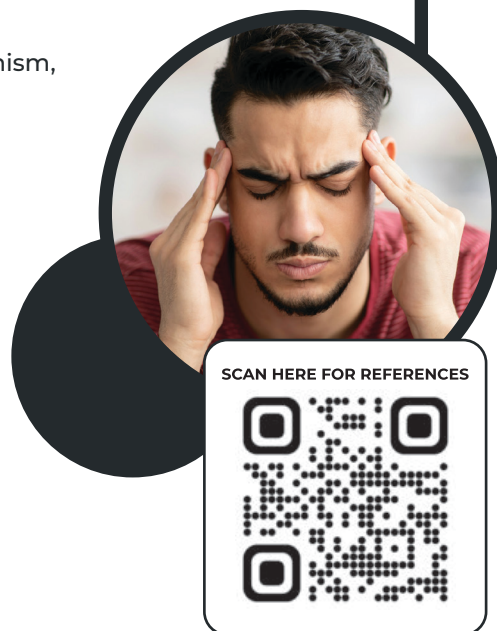
Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

A misalignment in the Upper Cervical spine (neck) can affect the function of the brainstem. This, in turn, can cause migraine headaches. **Car accidents, sports injuries, work-related injuries, physical or emotional stress**, falls, or even birth trauma can cause upper cervical misalignments.



If you currently suffer from migraines and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
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