Could This Be Causing Your Headaches?

by Dr. Andrew T. Brady

Roughly 45 million Americans suffer from chronic headaches. According to some reports, recurring headaches occur in up to as many as 75% of adolescents and 25% of younger children. Although headaches can have many different causes, one common and often overlooked cause is a straight or reversed neck curve.

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We are seeing a significant increase in the reversed neck curves of children and adults because of the lifestyles and traumas people are subject to in their daily lives, such as sitting at a desk staring at a computer monitor all day, looking down at a laptop, texting, reading, car accidents, sports, birth trauma, writing, etc. Holding the head in a downward position over a period of time causes the neck joints to become locked and dysfunctional. This is typically not something that is felt immediately, but over time the dysfunctional spinal joints can begin to degenerate, causing the neck to straighten and eventually results in a reversed neck curve.

When the neck begins to straighten, the muscles on either side of the spine tighten in order to stabilize the neck. This causes interruptions in the blood flow going to and from your brain. If caught early enough, this can usually be corrected and the dysfunction can be restored with a chiropractic adjustment. But early detection is very important. Unfortunately, people seem to consult a chiropractic physician after they have already spent thousands of dollars on medical tests and medications only to be left with more questions than answers.

I've seen patients who were taking up to three different medications per day to prevent headaches, who no longer take any after the cause of their headaches was corrected. If you are experiencing any headaches, consider getting evaluated by a chiropractic physician to rule out this increasingly common condition. If you call and mention this article you will receive a consultation, examination and x-ray (if needed) for only $35 ($230 value).

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