

# Headaches are literally a PAIN in the Neck!

A study confirms the cause of most headaches directly correlates to the condition of the neck. **The science behind the study puts emphasis on the relationship between the cervical (neck) vertebrae and the central nervous system.**

Movement and alignment of the cervical vertebrae proves critical for the health of the brain and circulation of spinal fluid and blood.

Ground-breaking research revolutionizes the way headaches are viewed by the medical community. A Russian-born and world-renowned researcher named Dr. Nikoli Bogduk found **all headaches shared a relationship with the upper neck.** Dr. Bogduk noted every single headache directly correlated to abnormal cervical spine nerve function. Dr. Bogduk conducted years of research and published numerous studies proving the connection. Most of the medical community remains outdated in their approach to headaches, choosing to remain in the drug therapy model used to relieve symptoms yet never fully addresses the cause of headaches.

Research emphasizes the importance of spinal health for headache sufferers and proves the connection between Chiropractic and headache relief. **Millions of headache sufferers experience relief and oftentimes permanent correction for their headaches through Chiropractic adjustments.** Millions more continue to suffer in the belief in which relief only exists in the form of dangerous pharmaceutical drugs that can mask pain but then returns when the drug wears off.

Chiropractic care influences many different types of headaches due to the relationship between neck vertebra and brain and blood health. **Tension headaches, migraines, cluster headaches, and sinus pain make up the four most common forms of headache.**

Tension-type headaches make up the most common variety of headaches. Tension headaches mostly appear as a tight band of pain around the head combined with a dull ache or pressure. They may cause mild to moderate pain on both sides of the head and tend to be triggered by stress, neck strain, hunger, depression, anxiety, or lack of sleep.

Migraine headaches debilitate millions of people, mostly women. Migraine pain radiates as an intense pulsing from deep within the head. The pain lasts for as many as five days and the pain significantly limits the ability to function throughout daily routines. Migraines usually throb in one side of the brain. People with migraine headaches become sensitive to light and sound and usually go hand in hand with nausea and vomiting.

Cluster headaches manifest through severe burning and piercing pain. They occur around or behind one eye or on one side of the face. Sometimes swelling, redness, flushing, and sweating occur on the affected side of the head. These headaches occur in a series lasting from 15 minutes to three hours each. **Most people experience one to four headaches a day, usually around the same time each day.** The cluster occurs when one headache resolves only to be replaced by a new one shortly after.

Sinus and allergy headaches comprise a very common category of headache woes. Sinus headaches oftentimes occur as a result of an allergic reaction to a substance. The pain from these headaches often focuses in the sinus area and in the front of the head.

**Chiropractic provides drugless relief from all forms of headaches by improving the connection between the spine and central nervous system.** Headache origination comes in various forms although the body contains an amazing ability to function better and heal when the brain and spinal cord function at optimal capacity. Headache sufferers deserve to know that alternative means exist for relief outside the bounds of harmful drugs and pills which keep people trapped in a cycle of pain and medicinal pain management. **Unlock the scientific benefits of Chiropractic care for headache relief.**



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