



RESEARCH THAT MATTERS



Headaches Every Day? Read This...

Bottom Line:

Life can be busy and stressful. Sound familiar? If so, you may likely start experiencing headaches more frequently, and they may be more severe. Chronic headaches are a good indication that your body needs attention, whether that's related to a lack of quality sleep, nutritional challenges or even postural issues, all of which can contribute to a developing a vicious cycle of daily headaches.

Next Steps:

Those daily headaches aren't something you "have to live with." Top research publications indicate that Chiropractic care provides 50% more relief from headaches without the risky side effects typically associated with drugs and medications.

Why It Matters:

Those daily headaches are a signal from your body that something needs to change. While researchers have struggled to place an exact cause on every type of headache, they have discovered an array of risk factors that can lead to the development of chronic headaches. The foods you eat, the stress in your life, and even how you move your body and spine, can either increase or decrease the likelihood of experiencing headaches. • Your brain doesn't actually have any nerve fibers that transmit pain signals. Headaches are felt by the tissues that support your brain, head and neck. • Researchers have discovered a close link between what you eat & your stress and hormone levels and how they can impact the probability of developing chronic headaches. • A balanced diet, consistent sleeping patterns and Chiropractic care have all been shown to decrease the likelihood of developing chronic headaches.

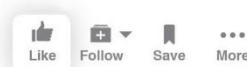
Science Source:

Dose response and efficacy of spinal manipulation for chronic cervicogenic headache: a pilot randomized controlled trial. SPINE 2010

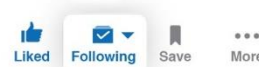
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