



Natural Ways To Stop....

Annoying, Daily &
Debilitating

HEADACHES & MIGRAINES

.....From Disturbing Your
Sleep, Mood and Daily
Activities!

By Dr Belinda Ambrose BSc, MChiro, BSc(Hons) - VALUE £60

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About The Author – Dr Belinda Ambrose, Chiropractor

Originally from Australia – Belinda (founder of Aligned Chiropractic) moved to the UK with the intention of having a working holiday and returning to Australia. However, falling in love with the UK put paid to that and finally an opportunity arose to move to beautiful Northumberland where, with husband Charles they started a family and Belinda founded Aligned Chiropractic in market town, Hexham.

With over 25 years of experience, seeing people of all ages (new-borns to 90-year olds) and from all walks of life (from office workers and tradespeople to elite athletes, Hollywood movie stars and superbike champions) Aligned Chiropractic has gone from strength to strength culminating in a clutch of awards.

Belinda's experience with Chiropractic began very early on in life – Chiropractic care was an integral part of a healthy lifestyle which her whole family subscribed to. Her brother Wayne is also a Chiropractor, a move professionally which transpired after realising halfway through a medical degree he wanted to help people with a holistic and drug free approach and medicine was incompatible with that philosophy.

Belinda started her Chiropractic journey with completing her first Bachelor of Science degree alongside the medical students at the University of New South Wales in Sydney. Following that she went onto finish her master's degree in Chiropractic at Macquarie University whilst teaching Anatomy to other Chiropractic and medical students. Finally, for a bit of academic fun, she enrolled in a second Bachelor of Science degree achieving a first-class 'honours' awarded by Portsmouth University in the UK.

Starting her professional career in Sydney, Belinda was head hunted by a practice in Queensland's Gold Coast and moved to Surfer's Paradise to start a new adventure. Working with some of the best in the profession, Belinda honed her skills whilst building up a portfolio of celebrity clients from the sporting world.

Restless for another adventure, Belinda moved to Canterbury in the UK eventually setting up Family Chiropractic in Ashford, Kent – the gateway to Europe. Working long hours and taking few holidays, Family Chiropractic quickly flourished and hiring an associate to assist Belinda became a necessity.

After meeting her husband Charles on a sailing trip in the Solent, the decision to move North was made and the rest is history!

8 Headache Changing Tips to Reduce the Pain in your Head

1. ENHANCE YOUR STANCE

Have you ever thought your posture might be the leading cause of your headaches and migraines?! Your head is as heavy as a bowling ball, and if you are carrying that around on top of your shoulders in the **WRONG** way every day - imagine what that is going to do to all those muscles, joints, ligaments and nerves in that area?

Make sure when you are sitting or standing, you relax your shoulders back and down, stretching your head to the top of the ceiling. Tuck your chin in slightly and see if you can get your ear lobe in line with the tip of your shoulder. That's the right position for your head to be! To encourage this type of posture, try this exercise: tuck your chin into your neck, keeping it parallel with the floor, and make a double chin (fun exercise at work while others are watching!) - hold this for 5 seconds and repeat 10 times. That activates those postural muscles at the back of your neck, so they can do the right job properly again!

2. CHECK YOUR TECH

Did you know that technology is one of the principle causes of the modern-day posture epidemic? Hours spent in front of a computer, slouched on a couch, looking down at your iPad or iPhone – all of these contribute to increased stress on your neck, possibly leading to your headaches and migraines.

When using your phone or tablet, try bringing it up to eye level to reduce the force going through your neck. Make sure you are holding your phone to your ear correctly when making phone calls, and not bending your neck to the side to hold it there between your ear and shoulder – better yet, use a headset. And lastly, when using your computer, make sure you bring the top of your computer screen up to eye level. You can do this by buying a laptop/computer lifter to adjust the screen or simply place some books underneath it.

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3. EAT THE RIGHT TREAT!

Eating sugary food, processed or high carbohydrates meals and 'dieting' can all contribute to a sudden drop or spike in your blood sugar levels. This in turn could be the leading cause of your headaches and migraines.

Eating small, nutrient rich meals that are prepared with natural (organic if possible) ingredients is the best way to keep your blood glucose in check. Avoid processed, packaged foods, as the ingredients in them lack the nutrients your body needs. Try replacing refined sugar for healthy alternatives, like organic stevia. And if you are craving a sweet treat, try reach for some fresh berries instead.

4. DRINK WATER FOR A HEALTHY GLOW

This is a common trigger for a lot of people suffering from headaches and migraines. Being dehydrated may not only come from NOT drinking enough water, but possibly drinking TOO much caffeine – think coffee, tea, energy drinks, chocolate! Cut down on these and increase your water intake, little bits often throughout the day – and your body will thank you for it in more ways than one!

5. GET LESS BAG DRAG!

Humans are creatures of habit – so most of us, when carrying our bags or cases, are always carrying them over the same shoulder, creating repetitive stress to the neck and shoulder. Your bag should not exceed more than 10% of your body weight. When it goes over this weight it places stresses and strain through your head, neck and shoulders – leading to pain and headaches.

Check the weight of your bag before leaving the house and remove any unnecessary items. When carrying a bag with short straps, sling it over your shoulder and tuck the purse under your arm close to your body. When carrying a bag with long straps, sling it over the opposite shoulder to help the shoulders relax. This way your shoulders won't contract to prevent the bag from falling. Try and switch shoulders every so often to prevent repetitive strain.

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6. SLEEP DEEP

Did you know you spend one third of your life in bed! Having the correct sleeping position is critical to good alignment of your spine. Not only this, but disturbed sleeping patterns and fatigue both can be a major trigger for headaches and migraines.

Sleeping in a natural and neutral position, maintaining the normal curve of your spine is paramount to good alignment. Sleeping on your stomach is the worst position for your spine – as this places your neck in an unnatural bend and increased stress on your lower back! Make sure your pillow supports the natural curve of your neck. Natural fill pillows might feel comfortable to start, but lose their shape within 30 minutes to an hour! Try a memory foam pillow that allows your cervical spine to be in a relaxed position without too much bend.

If sleeping has always been troublesome for you, try these tips: lower the lights before bed and avoid looking at a screen (TV, laptop, phone) – this artificial light tricks the body into thinking it's still day time, and so doesn't 'switch-off'.

Try some soothing music, or a bedtime meditation, as well as soothing smells (lavender is great!) and teas (chamomile!).

7. STRESS LESS

Stress is a crucial factor when it comes to headaches and migraines. In this day and age, we are all living fast paced and chaotic lives – but taking 10 minutes out in your busy schedule can save you hours at the end of the day, especially if it is going to keep that headache away!

There are so many meditation and mindfulness apps to download nowadays, from a 2-minute guided meditation for the newbie's, to an hour long one for the more experienced. Many successful business people and athletes have found the benefit of meditation and mindfulness, why not put it into practice in your life today, and watch that stress slip away.

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8. DONE AND DUSTED – NOW GET ADJUSTED!

Now all you should do is go and see your local Chiropractor for a check-up! Chiropractors look at the alignment of the spine and make sure your nervous system is functioning at its optimum. There is no better way than to get a hands-on chiropractic assessment to see what the underlying cause of those headaches is – and then how best to get rid of them!

Conclusion

So, there you have it! 8 top tips on how to manage your headaches and migraines safely and effectively TODAY! Not only this, but these tips will have a positive benefit on your neck and shoulder discomfort and overall energy and vitality! I could go into much more detail, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life!

HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the advice displayed throughout this guide.

However, examples of such are based on typical representations of those conditions that we commonly see in our practice. The information given is not intended as representations of every individual's potential situation. As with any health issue, each person's symptoms can vary widely and each person's recovery can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of a problem cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors at Aligned Chiropractic.

No guarantees of specific results are expressly made or implied in this report.