

Types of Headaches!

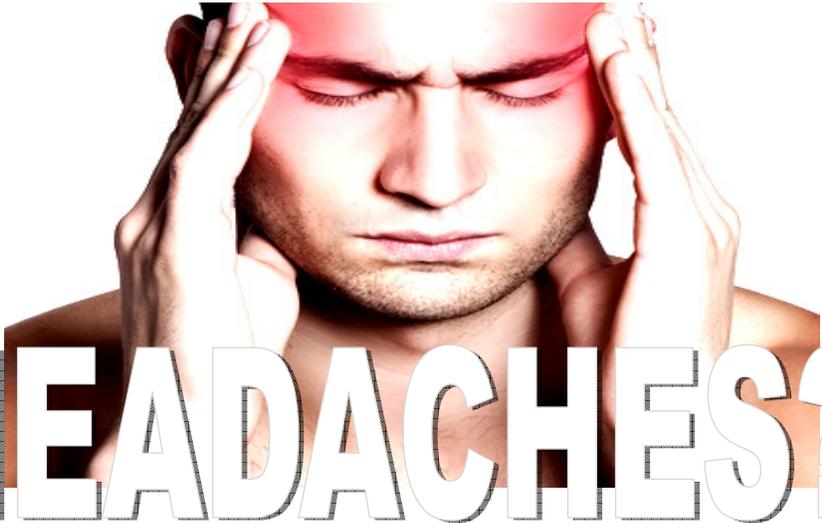
Tension headaches are caused when muscles and blood vessels in the neck, upper shoulder and scalp spasm. Traumatic injury, overuse, poor posture, emotional stress or a combination of, are usually to blame.

Migraine headaches stem from a temporary narrowing, then widening of blood vessels in the brain. Migraines are typically severe and affect only one side of the head. Warning signs often include vision problems and an upset stomach.

Cluster headaches are caused by an irregularity in the blood flow to the brain and appear in groups. They are frequently severe and one-sided, but unlike migraines, show no warning signs or symptoms. Alcohol may be a trigger.

Sinus headaches are pain caused by congestion and irritation of the sinuses - usually to do with allergies or a cold but sometimes related to an infection.

Allergic headaches develop from a heightened sensitivity to a substance eaten or inhaled.



HEADACHES?

We Can Help!!!

Chiropractic Care

Chiropractic adjustments of the cervical vertebrae eliminate the pressure put on the nerves. Since most headaches are caused by subluxations, the headaches will soon disappear when receiving care. Most patients are headache free within the first month of treatment. Chiropractic care has been proven to be extremely effective in treating migraine and tension headaches as well as neck pain and stiffness. Chiropractic care may be the safest and most effective type of treatment for migraine headaches, including high-risk cases in which there are no other treatment options.

Naturopathic Medicine

There are a number of dietary factors that are known to contribute to headaches. For example, Tyramine and sulfites are two compounds that have been highly associated with migraines because they constrict arteries – the first step of the migraine process. They can be found in foods such as alcohol (specifically red wine), cheese, chocolate and coffee. Dr. Gudrun Welder specializes in clinical nutrition and will be able to help with determining which foods trigger your headaches. She can also determine allergies to foods you may have.

Massage Therapy

Massage Therapists know headaches. Treatments are uniquely designed for each patient. Massage care increases circulation to restricted areas, breaks down scar tissue and knots, relieves areas of pain, tension, and soreness, eases into the muscle tissue so that deeper layers can be affected, and improves mobility and range of motion. Tension headaches are the most common type of headache and most responsive to massage.

Alternative Therapies

A majority of the pains and irritations above the neck are caused by excess muscle tension and vascular imbalance and therefore can be healed effectively through reflexology because the acupressure points in this area are easily accessible and can be triggered with very little pressure. Reflexology not only treats the problems externally but also heals the ailment from the within so that you can get over it completely. Reflexology reflex points associated with the spine and brain can be targeted to help relieve the headache by releasing endorphins, the natural pain killer that our body produces. Additional points may include increasing circulation and therefore blood flow to the brain, unblocking sinuses and stimulating organs that assist the body in releasing toxins (such as the kidneys and liver).

