

HEADACHES & CHIROPRACTIC



We often recognize emotional stress as a cause of headaches. Our emotions are locked into our vital hormone system and regulated by our glands and nervous system. Emotional stress will cause tension to our muscles and deprive our system of essential nutrients that maintain the strength of ligaments and muscles supporting the spinal column.

Headaches may indicate a problem within the structural elements of the neck and back. There may be a subluxated (misaligned) vertebra which has slipped into an abnormal position, causing pressure that shows up as a headache.

The nervous system is centered in the brain and spinal cord, the most delicate portions of the body. The nervous system controls, regulates and coordinates all of the other systems of the body. These impulses may be impeded or distorted by a slight dislocation or subluxation of the spinal vertebrae, pressing on nerves where they leave the spine to travel throughout the body. When this happens, the part of the body controlled by those distorted nerve impulses does not function properly.

Headaches are often attributed to allergies. The only real cure for allergy is to get rid of the weakness that produced it. It is necessary to strengthen the body's natural defenses by restoring the ability of the nerve impulses to keep the body functioning normally.

The body has its own powerful allies to defend it against foreign substances that invade it. The white corpuscles, lymph system and waste-eliminating glands and urinary system, when in good working order, can protect against all but the most powerful drugs and allergens. These defense mechanisms are kept in order by the nervous system.



Doctors of chiropractic specialize in the evaluation and nonsurgical, drug free treatment of structural imbalances in the body. Special emphasis is put on the spine and its effect on the nervous system.

SOME QUESTIONS ABOUT HEADACHES

1. Do you have to change position often because of back discomfort?
2. Do your legs ache painfully at the end of a long day?
3. Is standing or walking for a long period of time painful?
4. Do you have a tendency to overeat, or binge on one kind of food?
5. Do you have kidney disorders or bladder disturbances?
6. Do you have skin eruptions?
7. Do you suffer from constipation or recurring diarrhea?
8. Do you often feel tense and irritable?
9. Are you experiencing a particular emotional trauma?
10. Are you overtired, overworked, dissatisfied?

If your answer to any of these questions is YES, you may be suffering from a misalignment or subluxation in the back, causing distortion of nerve impulses and headaches. They may also indicate other disease or emotional conditions. Your doctor of chiropractic is qualified to assess your problem following a thorough examination. Your chiropractor may then make the necessary adjustments to relieve the problem. In the case of disease, he may refer you to another specialist.