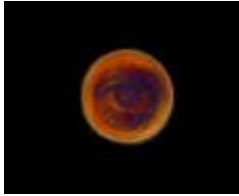




<<< Back To Brochures

Migraines & Cluster Headaches



Anyone suffering from headache of any type would do well to see their chiropractor to ensure that their spine is free of the vertebral subluxation complex. IF there are subluxations in the spine, no amount of drugs will correct it—a chiropractic spinal adjustment is essential.

In the beginning, spots or lines or colored lights may dance before your eyes. Soon a whole plethora of symptoms may ensue: redness, swelling, tearing, muscle contraction, hallucinations, irritability, depression, numbness, constipation or diarrhea and sometimes even a feeling of well-being! This is your warning.

Then the pain hits! It can range from minor discomfort to immobilizing agony and can last from minutes to days. The pain most likely occurs on only one side of the head along with nausea and vomiting. This is the classic migraine that millions of people, including children, live with. The majority of sufferers are women.

Not A Tension Headache

The migraine is different from more common tension headaches that usually involve the whole head, come on suddenly and only include nausea and vomiting if they are very severe.

Heredity

Some researchers believe migraines may have a hereditary component. But there are many things you inherit from your parents that have no genetic component such as how you deal with stress and anger, how you hold your body (posture) and even diet, which may play a part in migraine. Also genes are not necessarily life sentences—they may only give us tendencies towards conditions, not the conditions themselves. There is no “migraine gene.”

The Cluster Headache

Cluster headache attacks come on abruptly, with intense throbbing pain arising high in one nostril and spreading behind the eye on that side of the face. The attacks tend to occur from once to several times daily in clusters lasting weeks or even months. Without apparent reason the cluster subsides as quickly as it began. Men between 20 and 40 are most affected by them.



Treatment

The treatment for a headache depends, of course, on what has presumably caused it. A headache arising from visual problems can often be cured by eyeglasses. An infection headache of the sinuses or ears is relieved when the infection of the sinuses or ears is relieved when the infection subsides. But the most common headaches are usually treated with painkillers. This does not get to

the cause of the problem but addresses only the symptoms. Of course, to someone experiencing intense pain, symptom relief is no small thing. However, the hundred of millions of dollars spent each year on everything from aspirin and aspirin substitutes to codeine and prescription drugs may provide relief from headache but don't correct the cause.

Can Chiropractic Help Me?

For over a century chiropractic's natural, drug-free approach to health has been a blessing to migraine and cluster headache sufferers. Chiropractors are the only healthcare professionals trained to analyze and correct the vertebral subluxation complex, a condition that affects your spine, nerves, joints, discs and other structures. This common, often painless condition can weaken your body, cause fatigue and pain, lower vitality and set the stage for sickness and diseases.

Please keep in mind that the purpose of chiropractic care is not to cure specific diseases but to correct the vertebral subluxation complex. This allows your body to restore itself to a greater level of health and wholeness—to better heal itself.

The Chiropractic Checkup

Using his or her hands, X-ray, scales and other spinal analysis instruments, your chiropractor will determine if you have vertebral subluxations in your body. If you have them he/she will give you a chiropractic spinal adjustment. This will remove your nerve pressure and spinal distortions, improve your body function and promote your natural healing ability.

The Spine/Headache Relationship

The cause of migraines has been a mystery. But new research reveals sufferers have abnormal nerve firings in the brain and spinal cord. This may be why chiropractic's traditional approach helps so many migraine sufferers and dovetails with prior findings that headaches can be caused by problems in the spine, specifically the neck. This is called the cervicogenic headache. A study of 6,000 people who suffered from recurring headaches for two to 25 years showed that spine injury was the most important factor in the cause of the headache and should be suspected in every nonspecific case of headache.

Chiropractic And Migraines

Various studies have shown the many benefits that the drug-free, natural healing approach of chiropractic has for migraine sufferers. For example, in one study chiropractic care resulted in a reduction of 90% of migraine episodes with the length of each migraine reduced by 38%. In addition, medication use dropped 94% and other symptoms associated with migraine such as nausea, vomiting, photophobia and phonophobia (light and sound sensitivity) were reduced.

In a 6-month study, half of 127 migraine sufferers were given chiropractic care while the other half were not. Twenty-two percent of the chiropractic group reported more than 90% reduction in migraines after two months and about 50% in the group reported significant improvement in severity of migraines.

One ten-year-old girl with chronic, severe migraine (6 times a week for the past 3 years) was under treatment by a neurologist at a children's hospital. She was unable to go to school. Chiropractic examination revealed upper neck subluxations. After five adjustment she was back in school and leading a normal and healthy life.

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