



Many migraine sufferers are now pain-free and living a more productive and enjoyable life thanks to Upper Cervical care.

Can Upper Cervical Spinal Care help?

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MIGRAINE HEADACHES



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MIGRAINES

If you are currently living with migraine headaches, you know the classic symptoms of pain, sensitivity to light or sound, nausea, and vomiting. Some migraine sufferers also experience visual disturbances, numbness, tingling, clumsiness, or have difficulty communicating.

Typical medical treatments include both over-the-counter and prescription drugs. However, if you've seen the drug ads on TV or read the Physician's Desk Reference, you know that all of the common migraine drugs are potentially dangerous and can cause serious side effects.

Migraines can be triggered by a number of factors including stress, excessive light or sound, fatigue, hunger, diet, hormonal changes, weather changes, caffeine, cigarette smoke, head trauma, neck movements, and even the use of a low pillow. However, it is important to understand that these "trigger factors" do not cause migraine headaches.

Dr. Seymour Diamond, Executive Director of the National Headache Foundation, has announced that new imaging techniques now allow scientists to identify what they believe to be a cause of migraines: a malfunctioning brain stem. When the brain stem, located near the top of the neck malfunctions, it increases the swelling of blood vessels surrounding the brain, setting up a chain reaction that results in a migraine headache.

CAN UPPER CERVICAL SPINAL CARE HELP MIGRAINE HEADACHES?

The most common misperception about Upper Cervical care is that it only helps back and neck pain. Although our doctors can certainly help those who come to us seeking relief from back and neck pain, we help patients suffering from a variety of conditions, including migraine headaches. Healthy Living Spinal Care has helped thousands of patients restore their health through Upper Cervical Spinal Care.

Upper Cervical Chiropractors recognize that the body is a self-healing organism controlled and coordinated by the central nervous system, which is protected by the skull and spine.

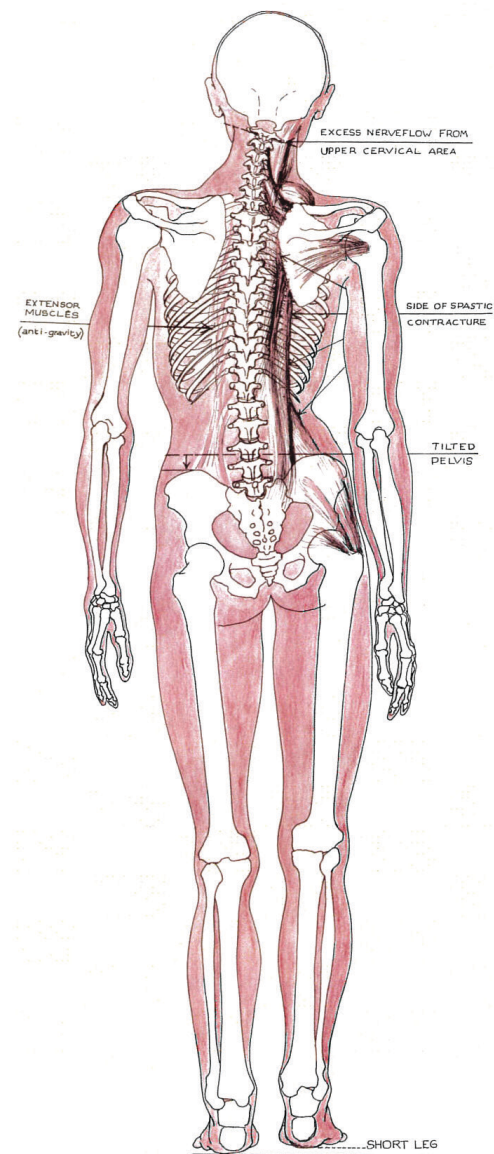
UPPER CERVICAL SPINAL CARE; A SIMPLE CONCEPT

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a root cause. At Healthy Living Spinal Care, we focus on locating and removing interference to the nervous system that can be the cause of the health condition. Removing this interference allows the body to heal itself naturally without drugs or surgery. An Upper Cervical correction is very controlled; there is no pulling, tugging, or jerking of the head. This precise yet gentle touch allows the head, neck, and spine to return to the proper position, thus removing the interference and restoring balance to the body.

MIGRAINES & UPPER CERVICAL SPINAL CARE

A misalignment in the Upper Cervical spine (neck) can affect the function of the brain stem. This, in turn, can cause migraine headaches. Car accidents, sports injuries, work-related injuries, physical or emotional stress, falls, or even birth trauma can cause upper cervical spinal misalignments.

Upper Cervical chiropractors receive extensive training and education in both the upper cervical spine and the brain stem. They use the latest technology to analyze and correct upper cervical misalignments and achieve predictable results that heal. The goal of Upper Cervical care is to correct spinal misalignment and to restore normal function to the brain stem or nervous system, thus correcting the cause of migraines instead of treating the symptoms.



When the head (10-14 lbs.) is shifted off the center of the top of the neck, the rest of the body will compensate for the shift of weight.