

Chiropractic and Headaches: What's the Connection?

Do you get frequent headaches? It may be time to give us a call.

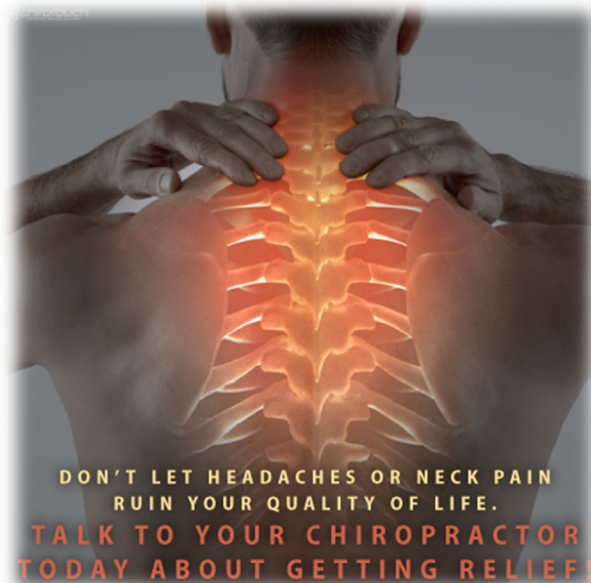


Though thousands of different triggers can cause headaches, one thing is certain—they happen for a reason. A headache is the body's way of telling you something isn't right. But what you may not know is that what's causing the headache doesn't always originate in or near the area where you feel pain.

When it comes to your body, everything is connected. For example, a wrist problem can actually be a spinal complication, whereas elbow trouble can actually result from a shoulder issue.

Of course, headaches can also be directly related to the spine, being caused by a number of ailments including:

- Compensation for low back problems
- Misalignment
- Poor posture
- Muscle spasms



Chiropractic care is a natural treatment that promotes the body's own healing ability. At our practice, we've seen many patients who come in seeking relief for headaches. To their surprise, chiropractic isn't just about

bringing relief - adjustments actually help to correct the underlying issue at hand to decrease its appearance in the future. Other health issues that patients experience that are not brought up to us often resolve as well. You'll feel your best when your body is prepped for optimal function through chiropractic care!

Tired of taking aspirin for the pain in your head or neck? Whether you've exhausted medical methods or are just starting to look for a natural way to eliminate your headaches, contact us today to find out how we can help.



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