



also eliminate common causes of headaches through blood tests and a routine examination. Combined, this is the ideal way to ensure that you are getting the care that you need to resolve the actual problem rather than curing the symptoms. In most cases, curing the symptoms does not treat the underlying problem.

Once you begin chiropractic treatments, you will need to keep up with the treatment regime you are given. Attending in-office sessions is a foundation point in making certain that you are able to treat the base problem. Your chiropractor may also recommend certain stretches or activities that you can do at home. Obeying the wishes of your chiropractor is *important*, as it ensures that you will be able to make a quick and complete recovery. Ignoring the treatments you have been told to do can significantly hamper the chiropractor's ability to give you the results you are looking for in your headache treatments.

During any chiropractic treatments, it is important that you consult with your chiropractor and doctor on the types of pain killers you should be taking, if any. Headaches caused by muscle and bone related problems are often treated with standard pain killers where muscle relaxers may do a more effective job of resolving the actual problem. No matter what you do, it is important that you find a chiropractor near you that is able to give you treatments in a way that is convenient and affordable for you.