

Treating Chronic Headache – Without Pills

About one in six Americans suffer from chronic headaches of one type or another — headaches that usually last a long time and recur frequently. In severity, chronic headaches may range from rather mild pain to excruciating pain of the worst sort, but all have one feature in common: they always return, sometimes worse than before. Often, in desperation, the headache victim turns to pain pills to turn off the pain.

PAIN PILLS IGNORE TRUE CAUSES

Unfortunately, pain pills do nothing to treat the underlying causes — the true causes — of chronic headaches. Thus, without proper care, the headache victim's life becomes a vicious cycle of headache — pain killer — headache — pain killer, and on and on.

DESPAIR RULES

But that's not all. A feeling of despair usually overtakes the victim. The intimidating pain, the frequent misery and the presumption that the headaches will never go completely away eventually beat down even the most cheerful and optimistic victim. And no wonder. Imagine how it is, having suffered wretched, recurring headaches, perhaps for years — having tried every remedy and doctor you can think of, but still, the headaches keep marching back with no end in sight.

Given those appalling circumstances, is it surprising that many chronic headache victims resign themselves to a subdued lifestyle?

CHIROPRACTORS TREAT BASIC CAUSES OF HEADACHES

Though the causes of chronic headaches may appear to be complex and may vary widely from person to person — even among those exhibiting the same symptoms — chiropractic doctors know from experience that chronic headaches often are associated with misaligned vertebrae (spinal subluxations) pinching spinal nerves. So chronic headaches are not strangers to chiropractic doctors who successfully treat headaches of various origins and intensities.

Many headache victims go to chiropractic doctors hoping for a little relief, then happily discover that chiropractic works on the underlying cause of headaches as well.

CHIROPRACTIC CARE — PAIN PILLS BE GONE

If you are among the forty million Americans living with oppressive chronic headaches, there's a good chance you frequently take some kind of pain killer just to get through the day or to get some sleep at night. Many headache victims do. But with proper chiropractic care, maybe you can throw your pain pills away.



TYPES OF CHRONIC HEADACHES

- The dread migraine and its variants
- Cluster headaches occurring in groups or clusters
- High-blood-pressure-caused headaches
- Toxic headaches resulting from exposure to turpentine, insecticides, spray adhesives, benzene, rubber cement, certain glues and a multitude of other common chemicals
- Nitrite in foods causes serious headaches in some persons as does monosodium glutamate (MSG) often used in Oriental cooking
- Amphetamines and other drugs can cause headaches

MUSCLE CONTRACTION HEADACHES

- Pain varies from mild to moderate. Sometimes lasts for days, weeks, even years. Usually feels like a tight band around the head.
- May come from certain ways of holding the head for long periods such as telephoning, reading in bed and the like.
- So-called tension headache brought on by on-the-job stress is another muscle contraction headache.

MORE HEADACHES

The list of headache types goes on and on:

- Traction and inflammation headaches, stroke-caused headaches, head injury
- Tumors
- Ear and tooth infections
- Even glaucoma can cause headaches