

## Chiropractic Treatment for Headaches/Migraines in Children



Let Us Treat Your  
Child's Pain From  
Headache/Migraine

*With  
Chiropractic Care*



When a child has headaches, it is not uncommon for a parent to seek medical attention to rule out a brain tumor or other serious problems. Once the child has been examined and a serious disorder has been ruled out, the starts down the path of learning “to live with it.” The parent or child may administer over-the-counter medication, or opt for medically managed pharmacology.

However, there is another solution out there, a natural way to help your child and their headaches. **CHIROPRACTIC CARE!** At Nachmias Chiropractic, Dr. Adam has helped numerous kids dealing with headaches get out of pain.

### **Here are a few tips if you plan on taking your child to a chiropractor:**

- One excellent tool for understanding headaches is to keep a journal of occurrences. A morning headache may be a result of a stomach sleeper placing their cervical spine in constant rotation. A weekend headache may be the result of sleeping in and delaying the routine of bowel or bladder elimination, and thus creating toxins in the system. A pre-lunch or after-school headache may be a sign of hypoglycemia.
- The use of backpacks may cause a repetitive stress syndrome in the cervical and upper thoracic spine.

- Also rule out vision problems and the possible need for glasses.
- The influence of food or chemical products in the diet of the child, such as Nutrasweet, sulfates and sulfites (in hot dogs and lunch meats), caffeine and chocolate may be potential triggers to a headache.
- For young girls and teens, the onset of the menstrual cycle may be the start of a future of migraine headaches.

Many chiropractors have had positive clinical results for this disorder with the specific analysis of the lumbar spine. Adjusting the vertebral subluxation in this region may eliminate or diminish the severity of the migraine. In the treatment of the pediatric patient with headache, there is no one specific vertebral subluxation(s) site that one must expect to find as the cause of the disorder. As a conclusion, there is supporting evidence on the effectiveness of chiropractic care in children with headaches, find it here:

<http://icpa4kids.org/Chiropractic-Research/chiropractic-care-of-a-pediatric-patient-with-migraine-type-headaches-and-vertebral-subluxations.html>

***Let Dr. Adam at Nachmias Chiropractic help your beloved children to stop their suffering. No one shall be forced to live with pain. Book a chiropractic exam and consult with the best chiropractor in NYC and Brooklyn today. Get your first visit for free by using this Spring Gift Certifigate:***

***<https://www.facebook.com/nachmiaschiropractic/photos/a.227799803941222.61566.125256567528880/791616597559537/?type=1&theater>***



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