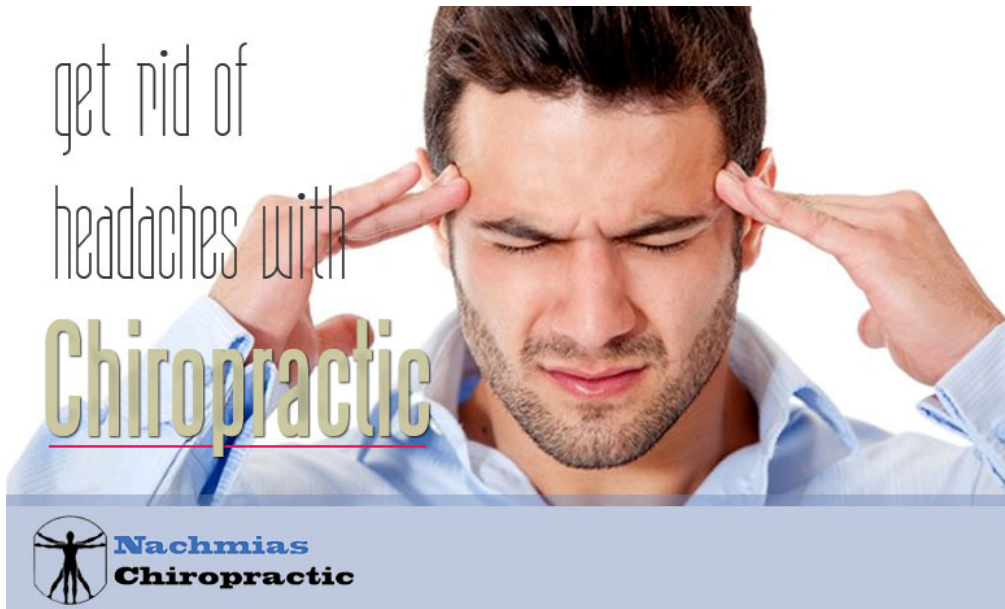


Get Rid Of Headache with Chiropractic



Headaches are one of the most common reasons for visiting the doctor. More than 250 million work days are lost each year due to headaches. There are many types and causes of headaches.... however, muscle tension headache and migraines are by far the most common types of headaches. Sinus infections and other issues, such as high blood pressure, can lead to headaches as well.

What Causes Headaches?

Headaches occur for a reason. A headache is your body's way of signaling that something isn't right. Nerve irritation is the leading cause of headaches for many sufferers. Some of the milder headaches might be a result of occasional "morning after" problems brought on by excess smoking, drinking or eating. Others may be the indirect symptom of eye strain, improper diet, hunger, poor lighting, excessive noise, constipation, foul air, daily pressures or infections, to name a few. In rare cases, headaches can be attributed to organic conditions, such as brain tumors or diabetes

How Can Your Chiropractor Help?

Headache is very common in patients with chiropractic problems. Headaches can arise when the spinal bones in the neck aren't supporting your head properly. This can affect nerves, muscles and even the blood supply to your head. Research has shown that the most common types of headaches respond well to chiropractic care.

The seven cervical vertebrae (spinal bones) can become misaligned from excessive physical and emotional stress. The vast majority of migraine headache sufferers have misalignments of the spinal vertebrae in the neck that are placing pressure on the spinal nerves. The effects that these types of problems have on the nerves, often results in pain. Good to know is that chiropractors are also trained to recognize the signs of rare

problems that may require immediate medical attention
(Sources: trychiropracticfirst.com & spineguys.com).

Your chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, will locate areas of the spine that aren't moving properly and correct them with chiropractic adjustments. Dr. Adam will also look at your posture and your ability to turn and bend. In some cases, he will also ask you about your health habits and work ergonomics to see if something there can be a cause of the headache.

Don't suffer when you don't have to. Book your appointment with Dr. Adam today!

Call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Relief is here with the help of Nachmias Chiropractic!