

## Chiropractic Cuts Migraine Pain by 68 Percent



Migraine is a pain condition that is becoming more and more common. There is yet no primary cause to be found, but what we do know from a recent study is that chiropractic adjustments help ease migraine pain by 68 percent.

*“I used to suffer from migraines every two weeks that were getting steadily worse and more frequent, not sleeping well and having major hot flashes along with other menopause issues. After being under regular, Principled Chiropractic Care, my migraines have been eliminated; I am no longer having hot flashes and I am sleeping better! I also have more energy over all!” Kay. Source:*

*<http://www.cardinalfamilychiro.com/headaches-migraines-testimonials>*

### **What Causes Migraine?**

The cause of migraines is still somewhat a mystery. Scientists have found a number of neurological and even genetic factors at play in regard to these often life-altering headaches, but haven't yet identified a primary cause. Unfortunately, since the research is constantly changing, this essentially forces patients to accept treatments that temporarily ease their pain, but don't offer any long-term solutions.

However, the first step to preventing migraines is discovering the triggers that bring them on. Except for wine, stress, and chocolate, there's an extremely common migraine trigger that may just surprise you. It involves tiny knots of muscles in your neck, called myofascial trigger points. Only a chiropractor can break the cycle of these trigger points getting more inflamed and painful, with help of chiropractic adjustments.

## **Benefits of Chiropractic for Migraine Relief**

Mainstream medical treatment of migraine headache relies heavily on using pharmaceuticals to manage and control migraine pain. However, medications can come with a slew of side effects like nausea, dizziness, vomiting, and even more headache from medication overuse.

Fortunately, natural remedies like chiropractic care can ease migraine without the adverse effects of chemical drugs. A 2012 study found that chiropractic adjustments and massage resulted in a 68% reduction in the intensity of migraine headache.

Included in the study were ten male migraine sufferers, who were treated with chiropractic adjustments of the upper back and neck, massage and stretching. Within an hour after receiving a chiropractic adjustment, the average patient reported a reduction in pain scores from a 5 to 0.5 (the severity of pain was rated on a scale of 1 to 10). No significant side effects were reported.

While further research is needed to fully understand the many causes of migraine, this study adds to previous research indicating the benefits of chiropractic for treating migraine (parts taken from: [chironexus.net](http://chironexus.net)).

In addition to chiropractic adjustments your doctor of chiropractic, Dr. Adam Nachmias, will counsel you on other ways to prevent migraines through exercise, nutrition, and also through trying to eliminate headache triggers. Dr. Adam is certified in treating migraines and tension headaches.

***Before reaching for the bottle with painkillers next time, book an appointment with Dr. Adam Nachmias instead. He will relieve you from your headache or migraine in as little as one visit. And if you decide to continue with preventive treatments, you can wave the headaches and migraines good bye for good!***

To book your appointment, call any of our offices. We are now also located on 8723 Ridge Blvd, Bay Ridge, Brooklyn.  
Brooklyn: 718-238-8900  
Manhattan: 212-924-1700

Or book your appointment online here:

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

**Get migraine relief with the help of Nachmias Chiropractic!**