

Headache Pain Relief and the Chiropractic Approach

If you suffer from headaches, getting a chiropractic spinal checkup from Bailey Chiropractic Centre of High Point, North Carolina is one of the best things you can do. Dr. Bailey's safe, gentle, drugless methods have helped hundreds of headache sufferers over the years. Yet Bailey Chiropractic Centre does not claim to be a headache treatment and cure -- it has a different approach to health care. Dr. Bailey will help to free your body from a silent killer -- spinal nerve stress (vertebral subluxation complex or VSC) -- that has the power to destroy your health. It affects millions of us -- it is a hidden epidemic. When freed of spinal nerve stress, your body works more efficiently to use its natural energies to heal itself. How is this accomplished?

Muscle Tension Headaches and Chiropractic

Many things can cause a headache: strong smells; intense lights; sinus trouble; high blood pressure; dental problems; ear, eye or vision conditions; fevers; infections; tumors; seizures; lumbar punctures; alcoholic drinks; drugs; accidents and other causes. you can get a headache just worrying about all the things that cause them. And that leads us to the most common headache of all: the muscle tension, worry or "stress" headache that makes up 90% of all the headaches.

What Puts the Ache in Headache?

The ache in headache does not come from the brain. It's true! Your brain can feel no sensation. Even during brain surgery the patient is often wide awake feeling no pain, even talking to the doctors while his/her brain is being tampered with (a local anesthetic numbs the scalp). What puts the "ache" in your headache? Veins and arteries inside the brain and skull, membranes that wrap around the brain, and certain nerves in the head called the cranial nerves. When these are pulled, stretched, compressed, irritated, inflammed or infected headaches often result.

Headache Treatment

Headache treatment depends on what caused it. A headache arising from visual problems can often be cured by eye glasses. An infection headache of the sinuses or ears is relieved when the infection subsides. But the most common headaches are usually treated with painkillers. The hundreds of millions of dollars spent each year on everything from aspirin and Tylenol to prescription drugs may provide blessed relief, but please remember -- the pain may be gone but the cause of the headache is not corrected. That's why we may see millions of people swallowing pills for years, possibly suffering from the side effects of long-term medication -- and not getting any better, only temporarily feeling better. Surely, that's not a healthy way to live.

The Chiropractic Approach to Headache Pain Relief

Millions of headache sufferers are turning to the natural, drugless chiropractic approach to health. Chiropractors are the only healing professionals who are trained to analyze and correct the vertebral subluxation complex (VSC) -- a spinal distortion that can damage your nerves, inflame your tissues, cause muscles to tighten and knot, weaken your body, cause fatigue and set the stage for sickness and disease. It is truly a hidden epidemic. Bailey Chiopratic of High Point, NC can help.

The Bailey Chiropractic Centre of High Point, NC Checkup

Just as you may have a cavity in your teeth and be unaware of the damage it's causing, so the VSC may be causing serious harm to your body -- sometimes for years -- without your knowledge. Using his hands, X-ray and other instruments to analyze your spine, Dr. Bailey will determine if you have VSC. Then, using special techniques, he will perform a chiropractic spinal adjustment to correct the vertebral subluxation complex, removing the nerve pressure

and spinal distortions.

To Restore Itself - The Chiropractic Approach to Headaches

Remember, the purpose of the chiropractic spinal adjustment is to remove the nerve and spinal stress caused by the vertebral subluxation complex. This permits your body to restore itself to a greater level of health and wholeness -- in effect, to better heal itself.

Headache Research and Chiropractic

Researchers have noted the relationship between spinal health and headaches. For example, one study of 6,000 long-tern (2 to 25 years old) headache sufferers revealed that neck injury (whiplash, falls) was the most important factor in the cause of the headache and should be suspected in every nonspecific case of headache. Another study found spinal care to be especially effective for childhood migraines. In another study of 100 headaches sufferers, researchers found overwhelming improvement when spinal neck adjustments were performed.

These finding are nothing new; as early as 1933, the famous pathologist N.T. Usher discovered that spinal misalignment could produce pathological changes that caused headaches as well as many other disease conditions (chiropractors had been saying that for decades by that time).

The scientific evidence supports the chiropractic claim that spinal care is essential for those suffering from headaches. The body of literature supporting a (spinal) origin of headache is substantial. In other words, if you suffer from headaches, make sure your spine is healthy -- see Bailey Chiropractic Centre of High Point, North Carolina for help with your headaches.