

Get relief from Headaches!

Find out which headache type you have and say goodbye to it!

Hi, I'm Dr. Clint J. Grover, and I'm a chiropractic physician. You may experience headaches yourself, or perhaps a close friend or family member does. It's no fun! The problem is what to do about it. In the next two pages you are going to learn how to identify different types, get some quick-fix tips, and learn how to make lifestyle changes that can provide relief—including one secret that will help you have a headache-free life.

Tension Headache

The most common type of headache is a tension headache. It usually occurs in people that are under a fair amount of pressure or have things in their life that are a constant stress. The shoulders are tight even with frequent massage, and it will progress to the neck and head including the forehead. CAUSE: tight muscles, dehydration, stress, over-exertion, lack of sleep.

Cervicogenic Headache

The term "cervico" or "cervical" refers to the neck. "Genic" refers to the origin. Cervicogenic simply means it starts in the neck and is caused by altered biomechanics. Activities like working overhead or in an awkward position, sudden sharp movements in sports, and even whiplash can cause this type of headache. Chiropractic care, massage, and acupuncture are all great natural treatments. Over-the-counter pain medications can also provide temporary relief. CAUSE: spinal misalignments and biomechanical imbalance.

Sinus Headache

This headache will come on with a cold or a buildup of mucus and phlegm. Mucus is the garbage left after your body cleans out used-up white blood cells, the army that fights microbes, flu bugs, or whatever you "caught." When there is too much, it gets stored temporarily in the skull in large empty spaces called sinuses. There are over 10 different sinuses in

the facial area. Anytime the sinuses are being used, a headache can result from the additional pressure. You can get a sinus infection if it stays too long. Chiropractic adjustments help boost the body's immune system, but it can take some time for the body to clear up and regain an optimal resistance.

Proper nutrition and stress relief is also

key to avoiding these. CAUSE: weakened immune system, metabolic waste and other toxic buildup.



Cluster Headache

This is a less common type of headache and usually occurs more often in men. Alcohol consumption should be avoided when a cluster has started to avoid making it worse. The clusters are strong headaches that last from minutes to hours in duration. They are often centered around the eyes, and usually on one side. They feel very pointed and focal with a quick onset. They are usually in groups, on and off. This type of headache is less responsive to chiropractic care than others. CAUSE: possibly over-active hypothalamus, not entirely known.

Migraine Headache

A migraine is one of the most severe types of headaches and occurs in phases: prodrome, aura, headache, and postdrome. Some or all

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phases may present themselves. Both the prodrome and aura are an advanced premonition that the mi-

graine is coming on and may have visual disturbances. The postdrome is the recovery period following the headache. A migraine can be severely debilitating, lasting between 4 hours to several days.

The headache could be other symptoms on one side or both sides, many of pain or light and sound sensitivity may be experienced. A silent migraine is when someone has visual disturbances or extra sensitivity without an actual headache.

The cause of migraines is not entirely known. It is believed to have a strong vascular component. Constriction and relaxation of the blood vessels is the normal way for the body to change blood pressure. When a low pressure pool of blood in the head gets an incoming stream of high pressure blood, it ripples or ricochets into the slow moving pool and causes disruption. Other ideas that researchers have looked at are hormonal and neurological changes and influences. CAUSE: altered brainstem and trigeminal nerve activity, vascular changes, hormonal changes.

Avoiding Triggers:

It can be difficult, but a little preparation, recognition, and avoidance can really go a long way to avoid or lessen the effects of a migraine. Try to identify what your triggers are, such as: sources of stress, decreased amount of sleep, poor nutrition, environmental chemicals, other health conditions like depression, anxiety, high blood pressure, illicit drug use, prescription medication side effects, certain foods (cured meats, onion, eggs, dairy, nuts, red wine), dehydration, imbalanced or unstable hormone levels, hormone replacement therapy, atmospheric pressure changes with

weather, and dental pain. Just plan ahead to either minimize or avoid things that trigger or make a headache worse.

Quick-Fix Tips

- Drink 1-2 glasses of water
- Take a 15-30 minute nap
- Massage the muscles at the back of the skull
- Get a new pillow and/or bed
- Cut out bad foods and refined sugar
- Peppermint essential oil
- Wear sunglasses for daytime driving
- Get adjusted by your chiropractor!

The Headache Secret

While there are many causes of headaches, restoring neurological function and spinal alignment has repeatedly



shown to reduce headache pain, decrease frequency, and can even eliminate headaches¹. The key is right at the base of the skull where the top cervical bone, known as the atlas or C1, cradles the skull. The brainstem, though small, has a profound effect on the whole body. Not only does it control vital functions of heartbeat and breathing, it is also responsible for re-balancing the posture and can be severely affected by a misaligned or subluxated atlas bone.

NUCCA chiropractic is a precise upper cervical approach to finding and realigning the atlas. The body has the right information and signals, it just can't get them through to the rest of the body to function and heal properly. NUCCA doctors and patients across the world are trying to get the message out as quickly as possible about the life changing results that are possible. **For a limited time you can get a Free Headache Relief Exam at Bountiful Spinal Care. Call Today to schedule a private consultation with the doctor.**

1. Woodfield, 2015: <http://dx.doi.org/10.1155/2015/630472>

*For chiropractic advice, go visit your local chiropractic physician.

This information is not meant to diagnose, treat, or replace the advice of your healthcare professional.

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