



Nitschke Chiropractic

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Most of us have experienced a headache at some point in our lives. Headaches may be caused by stress that creates tension headaches and migraines in some people. This is where the nerves in the brain relay pain messages resulting in headaches whereas changes within the brain itself may be involved in migraines.

There are many triggers other than stress that may cause headaches some of these are weather changes as in heat, cold, storms or rain create changes in barometric pressure in our bodies.

Strong smells such as perfume or paint can affect migraine sufferers.

Wearing tight fitting hats, head bands or pony tails.

Poor posture, which creates tension in neck and shoulder muscles.

Food and drinks are high on the list of things to avoid when it comes to triggers for headaches and migraines.

These may include chocolate, orange juice, cheese (such as blue vein. parmesan and Swiss cheese), wine, processed meats high in nitrites and tyramine, coffee and soft drinks.

Chiropractic and Acupuncture may help headaches and migraines, as well as eating regular meals and exercising.

Yours in Good Health

The Nitschke Team