

Stress



People often wonder what role stress plays as a potential cause of their aches and pains, high blood pressure, poor posture, for example. Stress plays an enormous role in overall health. A new field of study has recently emerged called psychoneuroimmunology. Basically, it is the study of how people's perception of stress and/or illness affects their overall health and wellness. There is ongoing research utilizing advanced testing such as magnetic resonance imaging of the brain to prove that overall health is affected by our perceptions and overall wellness. Chiropractic care focuses on the entire body and not simply the "area that pains you." The concept is simple. By keeping the overall body in optimal health utilizing specific chiropractic adjustments, the body is better able to adapt to stress. When your spine is properly aligned, the nervous system is able to function at a higher level, making you much less likely to become sick when you undergo stress. Chiropractic care embraces a natural approach to the management of stress. It is impossible to eliminate stress in your life. Stress management is the key to optimal health. Your chiropractor can offer you advice on better ways to manage stress through improved diet, vitamin therapy, stretching and other exercises, and finally, through chiropractic adjustments. Ask your chiropractor for recommendations on ways to improve your health through stress management.

Headaches

SYMPTOMS: Headache pain can be throbbing, dull, achey, sharp or any combination of the aforementioned. Pain can originate at the base of the skull or anywhere around the face or head. Oftentimes, over the counter medications only dull the pain slightly or the pain returns when the medication wears off.

CAUSES: Your doctor of chiropractic can determine which kind of headache you have and recommend the appropriate treatment. Headaches can be caused from stress, poor posture, toxic foods, preservatives, vitamin deficiencies, alcohol, or misalignment from the jaw, just to name a few. Stress causes tension in the neck that leads to irritation of tiny nerves and blood vessels resulting in the transfer of pain signals to the spinal cord and brain.

TREATMENT: An important component in treating headaches is first determining what type of headache you are experiencing. Your doctor of chiropractic is highly trained to determine the cause of your headache and recommend the most appropriate and effective treatment. Types of headaches include migraine headaches, tension headaches and vascular headaches. 95% of headaches are treatable through chiropractic methods without the side effects of drugs. In the rare instance that you are experiencing a headache caused by something more serious, your chiropractor will be happy to make a quick referral to the appropriate medical doctor. For the other 95% of headaches, the most common causes is misalignment of the vertebrae in the neck causing pain in the neck, shoulders and head. Through chiropractic manipulation of the neck, the doctor can often eliminate or reduce the frequency and duration of the painful headaches. By aligning spinal joints through chiropractic adjustments, the pathway to the nervous system is cleared, allowing for normal nerve transmission of signals meaning a reduction or elimination of pain in the head and neck sometimes permanently. Your chiropractor may also recommend changes and diet including vitamin supplementation.