



## HEADACHES

Headaches are generally considered to be an adult problem, but it is actually quite common in children.

There are numerous reasons as to why people can suffer from headaches and chiropractic may be able to offer you or child a drug free, natural way to offer relief and get to the cause of the headache.

### Identifying Headaches?

Whilst adults and older children can tell you if their head hurts, babies cannot. Pulling ears, twisting and arching their bodies or inconsolable crying may be signs of tensions within the dura. The dura is a membrane that wraps around the brain and spinal column and anchors itself to the sacrum. If that membrane is under tension or torsion can create irritability within the nervous system and can lead to symptoms such as headaches.

### Why do I get headaches?

There are many reasons as to the cause for a headache; they range from stress to diet and injury. While many things can trigger a headache one of the most common causes is a functional, mechanical and neurological irritation of the dura or spinal joints.

### What can Chiropractic do?

Chiropractic can help to reduce the stress within the nervous system via making specific adjustments to the spinal joints or cranial bones to improve the overall health and functioning of the nervous and musculoskeletal systems.

A headache is your bodies way of saying that something's not quite right.  
Let us help you to live a fuller life with a clearer head!