

ANDERSON UPPER CERVICAL

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Upper Cervical Care with respect to Headache & Migraine Pain

Due to the weight of the skull & the physical demands regularly placed upon the neck, a great deal of musculoskeletal strain can easily occur. It's not unusual for the upper vertebrae to become misaligned under ordinary circumstances, such as a sudden stop in traffic or abrupt turn of the head. Additionally, an accumulation of stress & tension can be stored in the neck, shoulders, upper back, as well as the jaw & leads to headaches & migraines.

Treating symptoms with drugs will not fix the problem. ***Upper Cervical Care has shown great results with patients who suffer from headaches & migraines by reducing the severity, frequency & duration of their symptoms, if not totally eliminate them.***

In addition to getting checked for nerve interference, here are some natural tips you can incorporate into your life to minimize your likelihood of getting migraines:

- **Sleep:** Be consistent about the time you go to bed & wake up. Avoid electromagnetic radiation in your bedroom (e.g, no TV, cell phones, computer). Also, avoid eating for 3-4 hours before you intend to go to sleep.
- **Daily Outdoor Time:** Fresh air & direct sunlight have been shown to reduced frequency & severity of headaches.
- **Hydration:** Even slight dehydration can bring about headaches. Drink filtered water throughout the day. If you drink caffeine or do strenuous activities/exercise you need to increase your consumption of water to replenish what you are losing.
- **B vitamins** deficiencies can lead to a higher occurrence rate of migraines. Increasing intake of Vitamin B in naturally occurring foods like organic green leafy vegetables will help reduce migraines.
- **Avoid ALL artificial sweeteners & limit processed food** intake as much as possible. Aspartame is directly linked to many neurologic complications like migraine headaches. The chemicals in processed food have the same effects on the nerve system.