

Headaches: most of us suffer from time to time



Did you know that your chiropractor can help – naturally, safely and effectively, without using drugs?

Chiropractic is a natural approach to health care focusing on the close relationship between the spine and nervous system. The chiropractor's principal focus is on locating nervous system interference and correcting this impairment through the application of gentle spinal adjustments. Furthermore, a chiropractor will educate on the prevention of nervous system interference and promote holistic wellness.

Despite common misconceptions, chiropractic care goes far beyond the treatment of back pain, and has been effective in managing deficits, such as headaches, through the location and correction of nerve interference.

In a study conducted at Macquarie University, specific chiropractic adjustments to the spine significantly reduced migraines in 71% of the people surveyed. The frequency, duration, severity and amount of medication all decreased markedly.*

As the largest non-drug prescribing, non-surgical primary-contact health profession in the world, chiropractic care is a safe and effective option for the control of headaches. It is quickly becoming a recognised health choice for patients seeking management for a range of health issues. There are approximately 200,000 visits to chiropractors in Australia each week.

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As highly trained and qualified professionals, with a minimum of five years full-time study behind them, chiropractors are not only able to provide a range of spinal adjustment techniques, but also a wealth of knowledge and lifestyle advice to assist with the prevention of issues such as headaches and migraines.

Talk to your local chiropractor today, and find out more about how they can help with your lingering health issues and give you back your freedom to live.

* Tuchin, P. et al. (2000). A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *Journal of Manipulative and Physiological Therapeutics* 23(2), 91-95.