***The Little-Known Secret to Eliminate Headache Pain – How to Get Rid of Headaches Once and For All!***

Headaches are the number one health condition complained about by Americans. Even more so than back pain, headaches affect over 50 million Americans every year, which is roughly one in six people. More than 10 million Americans seek relief for symptoms of headaches each year from their doctor, which creates a huge market for over the counter and prescription pain relief medications.

However, when it comes to headaches there is some good news. There are many safe and natural remedies available that not only relieve the pain associated with headaches but eliminate the cause of the headaches themselves.

Chiropractic treatment is one of the most highly sought-after treatments for the effects linked to headaches. However, before a solution can be found for your headaches, you first need to understand what type or types of headaches you are suffering from.

# Types of Headaches

## **Tension headaches**

Tension headaches feel like there is a constant pressure or aching feeling around the head, particularly at the back of the head and neck or in the temple area. Although they are the most common, they are not as severe as migraines, and rarely stop basic functions. The cause is thought to be contracting of neck or scalp muscles in response to stress combined with brain chemical changes.

## **Cluster headaches**

Cluster headaches affect more men than women, are recurrent headaches that happen in cycles or groups. They usually appear abruptly and without warning, and are described as a severe, incapacitating pain on one side of the head. They are often matched with nasal congestion, watery eyes or a runny nose. The cause of cluster headaches is not known.

## **Sinus headaches**

When your sinus becomes inflamed, it can cause pain. Sinus headaches also include fever and infection.

## **Rebound headaches**

Rebound headaches are caused by overuse of painkillers. Overuse of aspirin, ibuprofen, acetaminophen and prescription drugs regularly cause rebound headaches. They are thought to be either part of withdrawal symptoms of the drugs or an over-excited state of the brain.
**Migraine headaches**

Migraines can either be hereditary or diagnosed using specific principles.  Migraines can last anywhere from 1-72 hours and can include symptoms of moderate-to-severe throbbing pain, and pain that prohibits any normal activity. High sensitivity to light and sound is common, as well as nausea and vomiting. Migraines can be associated with an aura, visual distortions, numbness in the hand and temporary blindness.

Chronic daily headache

‘Chronic’ daily headaches refer to a broad range of headache disorders that occur more than fifteen times a month, for a period of at least three months. The variety of chronic daily headaches is split into two categories - headaches lasting longer than 4 hours, and headaches lasting fewer than 4 hours. Patients with CDH are quite often over users of pain relief drugs, which can speed up the frequency patterns of with Chronic daily headaches.

**Standard Treatments for headaches**

*Drugs - The Dangers of Drugs for Headache Relief*

Drugs like opioids and anti-inflammatory medications are often prescribed for headache relief, however, even though these medications might offer relief, they tend to just be a temporary solution to a larger problem. Pain relief medication dulls the senses to tell the brain to stop feeling pain, however, the underlying issue that is causing the pain is usually ignored, forcing the pain to return.

# **The Secret to Eliminating Headache Pain Without Drugs**

If you are suffering from headache pain, you should recognize there are numerous safe and effective substitutes to medication for pain relief, however, each will require patience and trust for the doctors that are going to help you through the process.

The most common solution to headache pain is through chiropractic care. Modern chiropractors use traditional adjustment techniques combined with a range of state-of-the-art strategies that are safe, effective and affordable.

***Chiropractic Care***

Chiropractic care can help ease the symptoms of a migraine and tension headaches by re-establishing normal postural patterns. Chiropractic treatment is designed to normalize muscle tension, restore the joint motion range, and stabilize the body to decrease abnormal stressors.

Augmenting postural control of the neck and head reduces the amount of work that your muscles must perform to keep your head up. Correct muscle control and spinal alignment assist the body in avoiding tension headaches.

Proper breathing is essential to blood flow, relaxation, and oxygen supply to the body and brain. Irregular posture will decrease lung capacity and changes how much you breathe, how often you breathe and from where.

Headache sufferers breathe more from their shoulders and chest and shoulders than their diaphragm, which leads to the repeated raising of the upper back and shoulders thousands of times a day. This is one of the most common causes of increased tension in the neck and head. Chiropractic care restores normal function to the spine, hips and ribs to take full advantage of breathing and better postural control. A chiropractor will work with you to try and determine the triggers for your headaches and make changes in your daily activities to enable you to enjoy life.

One of the best strategies to treat headaches is to see a chiropractor. Qualified chiropractors are highly skilled and trained in all facets of the management of musculoskeletal disorders and many have therapeutic skills in massage therapy and therapeutic exercise techniques, as well as Pilates and Yoga. Chiropractic care not only helps to eliminate the sources of headaches through adjustment and other techniques but may also address, prevent and treat additional bodily dysfunctions.

***Physical Therapy***

Through a system of precise strengthening exercises for back and neck, chiropractic care can decrease headache pain, increase stability, strength and motion range, as well as helping to regain control over spinal actions.

***Yoga***

Yoga helps to increase muscle strength and strengthens the back and abdominal muscles which are vital components of the muscular netting of the spine. Strengthening these muscles will help the body sustain correct upright posture and movement, reducing headache pain significantly. Not only that, but yoga is a relaxant – and it’s a well known fact that many headaches are caused from stress. Learning to control and expel your stress through yoga-based techniques can make a big difference if you suffer from regular stress headaches.

***Massage & Muscle Therapy***

Massage and muscle therapy provide several ways to alleviate headache pain, including increased circulation and blood flow to tissue and muscles. At the back of your skull there are trigger points in the suboccipital muscle group. These are balanced by the muscles of your jaw and together – when they are not working in sync with each other, these are the most common cause of tension headaches. Massage, and particularly a suboccipital massage, assists in muscle recovery and decreases muscle tension, reducing headache pain.

Eliminating headache pain is crucial to finding happiness, and the road to recovery is long. The true secret to eliminating headache pain is through chiropractic care to ensure you eliminate the underlying cause.