

H eadaches

Back to Health Wellness
Centre

240 Catherine St., Suite 100

Ph. 237-3306

www.back2health4you.com

WHEN YOUR HEAD ACHES..

Dr. Barbara Rodwin B.Sc., D.C., D.Acu., A.R.T.
Dr. Keith Moore B.A., B.Sc., D.C. A.R.T.
Keri-Lyn Dudgeon B.Sc. (H.K.)
Trevor Nootenboom R.M.T., A.R.T.
Rina McNairn R.M.T., A.R.T.
Jenny Wolfgram R.M.T., A.R.T.
Ken Flannery-Fleck R.M.T., A.R.T.
Leanne Solomon, R.M.T.

Many of us are much too familiar with the foreboding pain of a headache. Only because we know that with that initial, small sensation, we are in for a rough ride for the remainder of the day. This applies widely to migraine sufferers but also to those who suffer from tension headaches.

Tension headaches are often triggered by stress or fatigue. There is usually stiffness in the neck and tension between the shoulder blades. Contraction of the neck muscles and tearing of the muscle fibers irritate the

underlying nerves within the neck. The irritated nerves signal for muscles to tighten resulting in a cycle of spasm and pain throughout the head.

Migraine headaches are a different matter. When a misalignment causes migraines, the out of position vertebrae puts pressure on one or more nerves. As a result, the blood flow to the head is reduced. To compensate the blood vessels in the head expand thus irritating surrounding nerves.

There is a deep, throbbing pain, localized on either one side of the head or the other. The patient usually can't stand light or noise. Nausea and impaired vision are common.

Whichever type you suffer from, many of the services offered at Back to Health can help alleviate either the source, the symptoms or a combination of both. Reiki, acupuncture, chiropractic and massage therapy are all different avenues that you can take to ease the pain.

SPECIAL POINTS OF INTEREST:

- Women between the ages of 25 and 44 are hit the hardest with migraines
- 10% of sufferers have one or more migraines a week
- Migraines can last anywhere from 4-72 hours
- If you are over 50 and are experiencing a "new" feeling of headaches you should consult your M.D.

MASSAGE AND HEADACHES

Many people find massages relaxing and utterly enjoyable. Wouldn't it be nice if you could incorporate that feeling while reducing your headache? Well, you can! Tension headaches are due to just that...tension, both mental and physical. A strain on the body either due to emotions, or the position you

hold your body in, can create areas of tightness which in turn create points of irritation along nerves. When the muscles involved include the neck or top of the shoulders a lot of the pain is produced in the head.

Massage can help to alleviate headaches by increase

circulation to the area, reducing the tone of the muscles so that they become more relaxed and give your body an overall feeling of well-being. Stretching can help to gently elongate the muscles and joint play can help to mobilize the vertebrae so that pressure is released from the nerves.



MANAGING A MIGRAINE...WHAT ACUPUNTURE DOES

According to Chinese medicine disease is rooted in imbalances or obstructions of the body's energy. The goal of acupuncture is to identify those obstructions and to insert needles at specific points to regulate energy flow and to bring the body back to it's normal state of health.

In more western terms, acupuncture works to cure migraines in two ways.

First, the needles activate small myelinated nerve fibers in the

muscle, which send impulses to the spinal cord, mid-brain, and pituitary-hypothalamus to cause analgesia or the absence of pain.

Secondly, the altered cerebral blood flow that is present during migraines can be regulated through the insertion of needles that stimulate the brain centers controlling blood circulation inside and outside the skull.

Although there is little documented research on the success

of acupuncture on migraines it has proved to be successful for the Chinese for over 5000 years. Many practitioners nowadays could easily place their own success rates at 70-75%.

If you suffer from migraines, tension headaches or any other condition ask Dr. Rodwin about an acupuncture treatment. She can answer any questions and together you can explore the possibility of acupuncture as an adjunct to your treatment or on it's own.



MAKE AN ADJUSTMENT TO THAT HEADACHE

As mentioned in some of the other articles, there are many different reasons why one might suffer from a headache. Vertebral subluxations are another source that headaches might stem from. A subluxation is the displacement of a bone, in this case a vertebrae, which causes other structures to be pinched, stressed or strained. All the structures

around the vertebrae are then forced out of position. Muscles are pulled or shortened, nerves become irritated and blood vessels might be compromised. All of these effects can cause a headache!

With gentle manipulations, chiropractic care can move the vertebrae back into alignment and alleviate the pressure

from the surrounding structures. But complete relief won't come in just one adjustment. Just like a bad habit, the body learns to be in a certain position. That vertebrae might move back but with a solid treatment plan it can be trained to remain where it belongs. And finally, complete relief will be yours!

Numerous studies have indicated that 80% of headaches are neck related in nature

HELP US HELP OTHERS!



As October approaches we are putting in our last efforts to raise money or recruit fellow members for our CIBC Run for the Cure team.

Last year the Back to Health team raised close to \$3000 and we are trying to surpass it with a goal of \$5000 this year!

A sign up sheet at the front desk is available if you would like to pledge us or run/walk with us.

When you sign up, specify if you would like to do the 1 km walk or the 5 km run. Either one, there will be lot's of people to do it with and we would LOVE your support!

SOOTHING REIKI...

Reiki is a gentle, healing art that helps to soothe the body in order to let your body and mind rest, relax, and mend itself. Reiki is thoroughly relaxing, rejuvenating and restores the body's natural ability to heal itself. Many have expressed release from tension, migraines and sleep disorders. If you are interested in finding out more about this ancient practice please call Jocelyne at 819-665-9995. She will more than happy to talk with you, answer your questions or book you an appointment.