

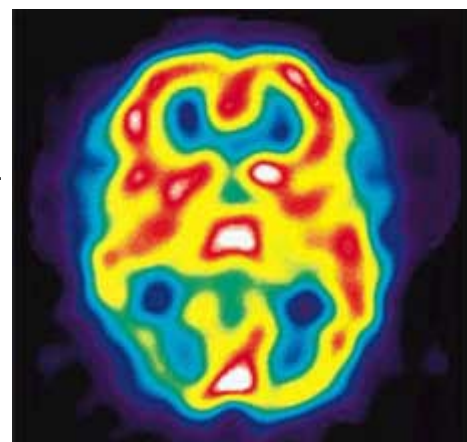
# MIGRAINE HEADACHES

## Content

- What are migraine headaches?
- What causes migraine headaches?
- How are migraines diagnosed?
- What are the symptoms of migraine headaches?
- NUCCA chiropractic treatment and migraine headaches?
- Patient testimonials

### **What are migraine headaches?**

A migraine headache is characterized by an intense, throbbing pain, most often on one side of the head and sometimes involving the neck. Extreme sensitivity to light and sound, nausea and vomiting, and coldness in the hands or feet may accompany the migraine headache. An "aura," a visual disturbance that appears as flashing lights, jagged lines, or a temporary vision loss sometimes occurs before the headache. Migraines typically occur 1 to 4 times per month and last, on average, from 4 to 72 hours.



### **What is the cause of migraine headaches?**

Although the exact cause of migraine is still unknown, there is evidence to suggest that migraine headaches may be triggered by trauma to the head and neck area. The pain may not develop until years later.

Migraine triggers are numerous and include lack of food or sleep, bright lights, hormonal changes (in women), anxiety, stress, weather changes, and certain drugs. In our experience, it is common that there is a marked difference between the cause of migraines and the items that can trigger them. The difference is shown (in many, not all) cases that once the spine is corrected, the trigger will no longer bring about the migraine.

Migraines are primarily thought to be vascular (associated with blood vessels) in nature.

Alarmingly, a recent study is showing that migraines are linked to a significant risk of having a stroke later in life.

### **How are migraines diagnosed?**

Migraine headaches (as most headaches) are diagnosed by the characteristics of the headache event.

A new study suggests that 3 simple questions can let you know if you have migraine headaches.

- Has a headache limited your activities for a day or more in the last three months?
- Are you nauseated or sick to your stomach when you have a headache?
- Does light bother you when you have a headache?

Answering yes to 1 or more of these questions indicate you may have migraines.

## **NUCCA chiropractic treatment and migraine headaches**

NUCCA chiropractic can help provide migraine pain relief by alleviating any misalignments in the vertebrae of the upper cervical spine (upper neck). These misalignments cause irritation to the nerves traveling between the brain and spinal cord and to the blood vessels traveling to the head. Nerve irritation and altered blood flow has been directly associated with migraines. By correcting the vertebrae in the upper neck, normal nerve and blood flow is returned and many patients suffering from migraine headache pain are able to get long term relief from their symptoms.

NUCCA chiropractic is unique to migraine treatments in that it not only seeks to correct the cause of the headaches, but for many patients it can relieve the symptoms during the actual migraine event.

The standard approach to managing migraines has been drug therapy; drugs, however, do not treat the root cause of the disorder, often have unpleasant side effects, and are often very expensive.

NUCCA chiropractic is an excellent natural alternative to drug therapies and we have been successfully helping migraine patients for years.

**If you or someone you know is suffering from migraine headaches call and schedule an appointment today. A higher quality of life awaits you.**

### **Patient Testimonials:**

“I have had daily migraines for over 10 years and for 22 years I have dealt with misc. upper back and neck issues like pinched nerves, numb hands and extremely tender skin and muscles. After too many visits to the GP’s, chiropractors, neurologists and even oncologist, I gave up.

I was skeptical after the first NUCCA correction. I didn’t feel much different other than a little light headed. Over the course of the next few days though, my healing started to occur just as Dr. Nick advised.

The migraine headaches have virtually disappeared and I have the use of my upper back, neck, arms, and hands back. I’m sleeping much better at night and the energy to keep up with my little girls. My husband has noticed my increased energy level and sparkle in my eye. I have my life back. Thank you so much!”- **Audra**

“I was plagued by frequent migraines. Throwing up, rolling around in pain, exhausted, and continually fighting tight knots in my shoulders and neck. I’m in the top “nothing helps” category. Weekly massages, attempts at preventative medication, a hysterectomy, icepacks, feverfew, magnesium - nothing ever really helped. I was unable to hold a regular job, and armed myself with my trusty Zomeg (although sometimes it didn’t help), pain pills, and anti-nausea medication where-ever I went. Now, whenever I get a migraine, I go see the docs. My spine is *always* out. Dr. Nick corrects it, and the horrible pain and pressure are relieved. Every time! NUCCA chiropractic care has eliminated the migraines!”- **Diane**

**At Redmond Spinal Care** in Redmond, WA. We specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure. For a complete list of conditions that have responded to NUCCA chiropractic visit our website at [www.redmondspinalcare.com](http://www.redmondspinalcare.com)