

Newsletter

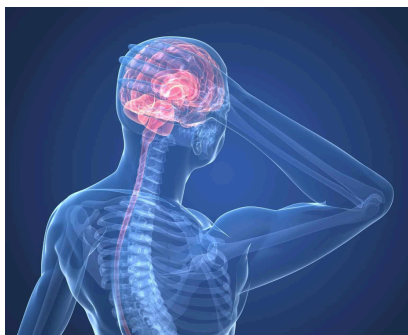
May 1, 2026

Connected Chiropractic

Different Kinds of Headaches

In order to better treat any problem it is first important to understand what causes it. There are many different kinds of headaches, some which can be treated by chiropractic better than others. Headaches are most commonly caused by

- changes by vascular constriction
- tension of the muscles
- sinus congestion



WHAT
causes
TENSION
HEADACHES?

HEADACHES

Everyone gets the occasional headache, but some headaches get so bad they won't go away. While drugs treat the symptoms, they often ignore the underlying cause of the problem.

The worst headaches can be slow to respond to the intended effect of the medications. The stronger medications can have negative and long-lasting effects to the rest of your body when used for extended periods. This is why many people finally decide to look to other, more natural (and safer) solutions for their problem such as chiropractic.

What's the best thing about seeing a chiropractor?

The crack-ling conversation afterwards!

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Migraine Headaches

Migraines are brought about by changes in vascular flow, triggered by a variety of factors such as different smells, foods, weather, hormonal changes, and stress. These often very painful headaches do not always start off as pain. They can begin with nausea or the person may experience a halo effect called a visual aura.

Recent studies have shown chiropractic treatment may play a significant role in reducing the number of migraines a person has. By careful adjustment of the neck and spine, chiropractic may be able to reduce nerve irritation in the spine, thus preventing radiating or referred pain, and improve vascular flow.



Hope for the Headache

Chiropractic treatment is centered around the idea of adjusting the spinal column and neck to improve posture and blood flow. To treat a headache, the chiropractor will likely perform these adjustments with his or her hands, but may also use trigger point therapy, massage and other supporting treatments to create a holistic approach to the problem. The chiropractor will also likely recommend some stretching exercises and basic changes in posture to help keep things balanced in between visits.

Tension Headaches

When we become stressed, frightened, or angry, the body will respond with increased muscle tension in the neck, shoulders, or head. This reaction, often called a fight or flight response, is how we respond to stress. If stress becomes constant in our lives, that muscle tension can become just another habit.

This can lead to imbalances in the body, which then leads to more muscle tension and pain. Chiropractic care can and will relax the tight muscles and realign the spine underneath to end this vicious cycle of pain. Those that are seeking treatment for tension headaches may often see a drastic improvement with just a few spinal adjustments as the nerves become less irritated and the muscles become more relaxed.

Avoid Dehydration Headaches:

DRINK MORE WATER!!

- 1: Enhance the flavor
- 2: Try Sparkling water
- 3: Water rich foods
- 4: Change the temperature
- 5: Add Electrolytes
- 6: Compete with yesterday
- 7: Drink 1 more ounce daily
- 8: Reward yourself
- 9: Track it in your calendar

