

**TOP TIPS
TO REDUCE**

**HEADACHES
&
MIGRAINES**

AND LIVE PAIN FREE !

Sensus Health & Wellness

By Dr K Harm (DC) - Value £80

Headache Changing Tips to Reduce the Pain in your Head

1. Enhance your Stance

Have you ever thought your posture might be the leading cause of your headaches and migraines?! Your head is as heavy as a bowling ball, and if you are carrying that around on top of your shoulders in the WRONG way every day, imagine what that is going to do to all those muscles, joints, ligaments and nerves in that area?

Make sure when you are sitting or standing, you relax your shoulders back and down, stretching your head to the top of the ceiling. Tuck your chin in slightly and see if you can get your ear line in line with the tip of your shoulder. That's the right position for your head to be! To encourage this type of posture, try this exercise: tuck your chin into your neck, keeping it parallel with the floor, and make a double chin (fun exercise at work while others are watching!) – hold this for 5 seconds and repeat 10 times. That activates those postural muscles at the back of your neck, so they can do the right job properly again!

2. Check your Tech

Did you know that technology is one of the principle causes of the modern-day posture epidemic? Hours spent in front of a computer, slouched on a couch, looking down at your iPad or iPhone – all of these contribute to increased stress on your neck, possibly leading to your headaches and migraines.

When using your phone or tablet, try bringing it up to eye level to reduce the force going through your neck. Make sure you are holding your phone to your ear correctly when making phone calls, and not bending your neck to the side to hold it there between your ear and shoulder – better yet, use a headset. And lastly, when using your computer, make sure you bring the top of your computer screen up to eye level; You can do this by buying a laptop/computer lifter to adjust the screen or simply place some books underneath it.

3. Eat the right treat!

Fasting, eating high sugary meals or processed foods, dieting or skipping meals can all contribute to a sudden drop or spike in your blood sugar levels. This in turn could be the leading cause of your headaches and migraines.

Eating small, regular meals that are prepared with natural (organic if possible) ingredients is the best way to keep your blood glucose in check. Avoid overly processed, packaged foods, as the ingredients in them lack the nutrients your body needs. Try replacing refined sugar for healthy alternatives, like organic honey or raw maple syrup. And if you are craving a sweet treat, try reach for some fresh fruit, or a date instead – sweet and sticky and the perfect substitute for those mid-afternoon cravings!

4. Drink Water for a healthy glow

This is a common trigger for a lot of people suffering from headaches and migraines. Being dehydrated may not only come from NOT drinking enough water, but possibly drinking TOO much caffeine – think coffee, tea, energy drinks, chocolate! Cut down on these and increase your water intake, little bits often throughout the day – and your body will thank you for it in more ways than one!

5. Sleep Deep

Did you know you spend one third of your life in bed!. Having the correct sleeping position is critical to good alignment of your spine. Not only this but disturbed sleeping patterns and fatigue both can be a major trigger for headache and migraines.

Sleeping in a natural and neutral position, maintaining the normal curve of your spine is paramount to good alignment. Sleeping on your stomach is the worst position for your spine – as this places your neck in an unnatural bend and increased stress on your lower back! Make sure your pillow supports the natural curve of your neck. Natural fill pillows might feel comfortable to start, but lose their shape within 30minutes to an hour!. Try a memory foam pillow that allows your cervical spine to be in a relaxed position without too much bend.

If sleeping has always been troublesome for you, try these tips: the lights before bed and avoid looking at a screen (TV, laptop, phone) – this artificial light tricks the body into thinking it's still day time, and so doesn't "switch off". Try some soothing music, or a bedtime meditation, as well as soothing smells (lavender is great!) and teas (chamomile!).

6. Get less Bag Drag

Humans are creatures of habit – as most of us, when carrying our bags or cases, are always carrying them over the same shoulder, creating repetitive stress to the neck and shoulder. Your bag should never exceed more than 10% of your body weight. When it goes over this weight it places stresses and strain through your head, neck and shoulders – leading to pain and headaches.

Check the weight of your bag before leaving the house and remove any unnecessary items. When carrying a bag with short straps, sling it over your shoulder and tuck the purse under your arm close to your body. When carrying a bag with long straps, sling it over the opposite shoulder to help the shoulders relax. This way your shoulders won't contact to prevent the bag from falling. Try and switch shoulders every so often to prevent repetitive strain.

7. Stress Less

Stress is a crucial factor when it comes to headaches and migraines. In this day and age, we are all living fast paced and chaotic lives – but taking 10 minutes out in your busy schedule can save you hours at the end of the day, especially if it is going to keep that headache away!

There are so many mediation and mindfulness apps to download nowadays, from 2-minute guided meditation to for the newbie's, to an hour long for the more experiences. Many successful business people and athletes have found the benefits of mediation and mindfulness, why not put it into practice in your life today and watch that stress slip away.

8. Done and Dusted – Now get Adjusted!

Now all you should do is go and see your local chiropractor for a check-up! Chiropractors look at the alignment of the spine and make sure your nervous system is functioning at its optimum. There is no better way than to get a hands-on chiropractic assessment to see what the underlying cause of those headaches is- and then how best to get rid of them!

Conclusion

So there you have it! 8 top tips on how to manage your headaches and migraines safely and effectively TODAY! Not only this, but these tips will have a positive benefit on you neck and shoulder discomfort and overall energy and vitality! I could go into much more detail, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life!

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is possible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council register chiropractors or Health Care profession registered with British Association of Sport Rehabilitators and Trainers here at Sensus Health and Wellness Clinic.

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