

NATURAL Ways to Find your MOJO without Headaches & Migraines



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About the author,

Dr Julia Pullin: Dr Pullin wants to live in a world where chiropractic and natural health principles are not seen as complimentary or alternative. She's on a mission to revolutionise the health care industry by making NATURAL lifestyle changes fun, engaging and simple.

Dr Pullin has been a chiropractor for over 20 years and is the owner of one of the UK's most successful Chiropractic clinics. She's a writer, speaker and a self-confessed NATURAL health pioneer.

Her latest project, The Mojo Portfolio is a resource of programs designed to help people find their MOJO!

Dr Pullin and her team at Chirohealth developed a unique Headache and Migraine protocol in 2018. Their vision is to deliver both a care and advice program that produces outstanding results for people suffering from Headaches and Migraines.

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There are actually over 150 types of headaches ranging from tension headaches to migraines, however there is something common to them ALL. Without exception, the NERVOUS SYSTEM is involved.

With this in mind, any treatment has to be focussed on altering how the nervous system responds to a trigger OR alter/reduce your exposure to the trigger.

If you've ever experienced headaches or migraines, then you'll know that the symptoms can be debilitating. They affect the way you think, your mood, your sleep and ultimately your life. According to research, migraine is the third most common disease in the World, behind dental caries and tension headaches. It's estimated that the UK population loses 25 million days from work or school due to migraines.

So here are your 7 simple steps to NATURALLY treat headaches and migraines.

It's time to Find Your MOJO!

1. PERFECT YOUR POSTURE

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 lobe 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!



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2. A FISH A DAY KEEPS THE DOCTOR AWAY

I know this is an unusual title but I hope it got your attention because many people are not aware that the Omega 3 fatty acids found in fish oil have been shown to reduce the stress hormones cortisol and adrenaline, both of which are linked with migraines. Additionally, the omega 3 fatty acids have been shown to reduce the hormone histamine (most commonly known by the hayfever sufferers), which causes brain fog and is a well-known trigger for cluster headaches.

3. STRESS LESS

I'm sure you won't be surprised to hear that stress is another common trigger of headaches and migraines. We are all living faster, busier and more chaotic lives. We cram so much in to our days, often with little thought about its consequences until we experience symptoms. Simply taking a few minutes out in your busy schedule can keep those headaches away!

Many people have experienced the benefits of mindfulness or meditation and there are many apps you can now download however, for a quicker fix simply take 3 deep breaths!

I certainly don't want to teach you to suck eggs because you've been breathing all your life however the way you breathe can calm your body down! A slow deep breath is the key; simply breathe in as deeply as you can through the nose, then release as slowly as you can through the mouth. Repeat 3 times and feel the stress slip away!



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4. IT'S GLARINGLY OBVIOUS!

Technology has enabled us to work smarter and faster. It's revolutionised the way we work by making information so accessible however we all know there are some unfortunate downsides and prolonged glare from computer/telephone/iPad screens is a commonly known contributor to headaches.

The technology creators have been attempting to resolve screen glare with blue filters however many people benefit from simply reducing the brightness of their screen - Lowering your screen brightness between 25-50% could make all the difference.

Screen glare is one of the first triggers we tackle in the The Chirohealth Clinic's Headache and Migraine Challenge.

5. QUENCH YOUR THIRST

Just a 1% decrease in hydration can affect your concentration – so clearly your brain and nervous system is super sensitive to your hydration levels. You have 2 strategies that will help you stay hydrated:

1. Drink more water (couldn't be more obvious!) - fill a sports bottle each morning and resolve to refill it twice more during the day.
2. Avoid the things that can cause dehydration such as tea, coffee, energy drinks and chocolate! (I know I may have upset a few people here)



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6. STAY COOL AND CALM

The BIG MISTAKE most people make when they have a headache or migraine is they heat the neck; heat packs, heat sprays/creams or a soak in the bath being the most common. While the muscles may “like” this and relax, the inflamed and angry tissues certainly do NOT! The great news is they respond well to cold therapy instead. Your aim is to cool and soothe your neck.

Wrap an ice pack in material, then place it on the affected area for 15 to 20 minutes. Repeat approx. every hour. The plan is to cool and soothe the neck repeatedly, do NOT freeze the area.

7. DONE AND DUSTED – NOW GET ADJUSTED!

The moving bones of the spine are the MOST COMMON cause of NERVOUS SYSTEM INTERFERENCE. Over 70% of headaches arise from problems with the cervical spine (neck) and its structures. A Chiropractic assessment will tell you whether you have a problem that they could help you with. The Great news is that a global study completed in May 2018 shows 74% of migraine patients have a significant improvement with Chiropractic treatment, with 30% having full resolution of their symptoms.

CONCLUSION

So, there you have it! Our 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 your 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!



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It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of a condition cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors. We are able to offer you this service at a standard charge.

No guarantees of specific results are expressly made or implied in this report.

If you wish to discuss your condition with one of our Doctors of Chiropractic then call us on 01724 871222 or visit www.chirohealth.co.uk and send an online request.

We'd love the opportunity to find out if we can help you find your MOJO!



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