



## NOTE:

At LaBlanc Chiropractic...we have had great success in treating patients with Migraines. If you or someone you know suffer from migraines, call us and let us help you.

## MORE THAN A PAIN IN THE NECK

The common migraine is a disorder involving recurrent headaches which are typically pounding and unilateral (on one side) but may become generalised. Other symptoms associated with migraines include:

- Vertigo
- Nausea
- Fatigue
- Loss of appetite
- Vomiting
- Neck pain

Migraines typically occur in women and usually begin between the ages of 10 & 46. In some cases, they appear to run in families. Migraine headaches occur when blood vessels of the head and neck spasm or constrict, which decreases the blood flow to the brain. Minutes to hours later, the blood vessels enlarge resulting in a severe headache. Migraines may be preceded by psychological or visual disturbances called auras.

***Although there is no specific one thing that causes migraines, the following are factors that can trigger a migraine:***

- Low serotonin levels
- Food allergies
- Alcohol- especially red wine
- Stress
- Muscle tension
- Weather changes (barometric pressure)

Treatment for migraines include chiropractic manipulation to the cervical spine. A 6-month study in Australia found that chiropractic manipulation resulted in reduction in the intensity of pain associated with migraine episodes. Along with manipulation the following supplements And botanicals may be given:

- Magnesium
- Vit. B6
- 5HTP (Hydroxytryptophan)
- Vit. B2
- Omega 3 & 6 fatty acids
- Feverfew
- Ginger
- Butterbur