

Victoria Family Chiropractic [www.vfchiro.com](http://www.vfchiro.com)  
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## Headaches (Part 2)

In the ast issue we discussed chiropractic as a solution to headaches. This issue explores other potential solutions.

**Diet/Nutrition:** Evidence suggests combinations of omega-3 and omega-6 fatty acids and magnesium may reduce the severity, frequency, and duration of migraines. High doses of vitamin B<sub>2</sub> (Riboflavin) also may reduce the number and strength of migraines.

Good sources of omega-3 and omega-6 fats are fish (I strongly encourage the daily use of a liquid omega-3 fish oil supplement to promote natural anti-inflammatory cascades as well as a myriad of other benefits). Magnesium is

found in dark green vegetables, nuts/seeds, soy flour, and cocoa. Supplementation may be necessary to ensure high intake of vitamin B<sub>2</sub>; however, good food sources include poultry and fish.

**Exercise:** Regular exercise relaxes your muscles and increases levels of beta-endorphin, one of the body's natural stress relievers. Less stress and more relaxation help when you're dealing with headache pain. It is recommended that you exercise with enough intensity to create a mild sweat while maintaining the ability to carry on a conversation.

### Headaches Cont...

**Herbs:** Extracts of feverfew, a bush with citrus scented leaves, has been used to control migraines. The active components in feverfew have been shown to possess anti-inflammatory properties.

**Special Pillows/Mattresses:** You spend as much as one-third of your life in bed. Your pillow and mattress' potential to aggravate the alignment of your spine potentially interferes with your nervous system, causing symptoms such as muscle tension (a common contributor to headaches). As your chiropractor, I can recommend pillows and mattresses that will give your spine the support it needs. [www.toyourhealth.com](http://www.toyourhealth.com) February, 2007 Vol. 1, Issue 02.

### More Headache Prevention Tips

1. Stay hydrated by drinking pure water, eight to ten glasses daily. I recommend room temperature water with a touch of lemon.
2. Get your eyes checked.
3. Sleep 7 to 9 hours every night.
4. Eat regular meals with snacks between.
5. Take breaks from sitting every 20 minutes for 20 seconds (20/20 rule).
6. Stretch your spine daily (remember the "cat" stretch).
7. See your chiropractor regularly before problems arise. Your spine is the connection between mind and body. Is your body a temple?

NOURISH  
YOUR BODY  
AND  
ALLOW THE  
MIRACLE  
OF HEALTH



**We promote wellness by educating and inspiring people to live well and by adjusting the spine to remove nervous system. Get your spine examined today and encourage others.**