

Your Simple Headache

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What is the frequency, duration, and intensity of your headache? What initiates the headache? What are the associated symptoms before and during the headache? What relieves and aggravates the headaches? Below are listed some of the factors that can initiate a headache.

Headaches can be caused by:

psychological: stress, good and bad,

spinal bones: subluxations or pinched nerves in the neck, muscle spasms, poor posture, cervical spine arthritis.

nutritional; food allergy, vit. and minerals in diet, chocolate, aged cheeses, red wines (tyramines), smoked meats, nitrates in lunch meats, caffeine, low blood sugar, amount of water we intake per day.

hormonal: estrogen and progesterone levels

environmental: toxins in diet, toxins in air, toxins in smoking, our own body toxins, hair dyes, gases,

sleep habits: proper pillow? Proper bed? Proper temp. when we sleep? Amount of sleep we get per day.

work habits: ergonomics in relation to chair and desk.

Medications: all medications have side effects and many are headaches

Physical: Visual Disturbances, need for glasses, proper lighting. Sinus problems, pressure behind face, eyes. High blood pressure, thyroid disease, etc..

For a simple headache, the treatment can be just as simple, **"Eliminate the cause!"** Do your best to eliminate the above factors and your headaches will decrease. Please note that any headache that persists or is not your ordinary simple headache, see your medical doctor.