



Are Headaches Causing You To Under Perform? Find out how to eliminate them

Because headaches are so common, some people think that getting a headache is just a normal part of life! Headaches are a sign that something's wrong. Stress, toxic fumes, certain foods, preservatives, and alcohol are common culprits.

What's Causing My Headaches?

A frequent and overlooked cause of headaches is the malfunction of spinal bones in the neck and upper back. When bones of the spine lose their normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated they can produce throbbing headaches. Aspirin and medications may cover up these warning signs, but do not correct the underlying structural cause. You can benefit from the drug-free results millions have enjoyed by consulting a chiropractic doctor.

At South Orange Chiropractic Center, 98% of our patients experience correction and relief through chiropractic care. If a thorough examination reveals reduced range of motion, loss of normal spinal curves, or mechanical restrictions, chiropractic care should be considered. Specific chiropractic adjustments can help correct spinal joint dysfunction created by the various chemical, emotional and physical structures of our lives.

To find out how chiropractic can relieve your headaches and correct their underlying cause, ask for our FREE pamphlet ***"What Patients Want To Know About Headaches."*** It will teach you about what causes headaches and how long it will take to get relief.
