

# headache & migraines

Virtually everyone has suffered from a headache at some point in their lifetime. Headaches are extremely common and can be triggered by a variety of factors. The most common cause of headaches is prolonged stress or tension.

One type of headache in particular that you often hear about is the migraine. The migraine is a more severe and debilitating type of headache. Approximately 29.5 million Americans suffer from migraines, yet millions go untreated. This equates to more than 250 million sick days per year due to headaches (including the migraine).

If you suffer from migraines, then you know these symptoms all too well:

- Moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, or can shift from one side of the head to the other
- Sensitivity to light, noise or odors
- Blurred vision
- Nausea or vomiting, stomach upset, abdominal pain
- Loss of appetite
- Sensations of being very warm or cold
- Paleness
- Fatigue
- Dizziness
- Fever (rare)
- Bright flashing dots or lights, blind spots, wavy or jagged lines (aura)

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While the cause of a migraine is not often known many trigger factors can be recognized: hormonal changes, foods/beverages (ie: chocolate, grains, red wine, cheese, etc.), lack of sleep, stress, and strong smelling odors.

The good news is that relief can be found for those who suffer from migraines. A new technique was developed by a chiropractor in the Pennsylvania that is called the Sullivan Technique. The Sullivan Technique is a non-invasive, affordable, non-pharmaceutical solution to migraine pain and is leading a revolutionary change in health care. This 'pneumatic air insufflation technique' has created rapid relief of migraine headaches. It stimulates certain nerves with a puff of air on the ear drum which creates a seal and a pressure change. The treatment can take as little as 2 minutes for instant relief. This combined with Dr. Murray's background in Functional Neurology and Brain based therapies are key to migraine relief.

This technique was taught to 200 Chiropractors and Board Certified Chiropractic Neurologists to gather results and gain insight on migraine treatment. Dr. Tony Murray is a Board Certified Chiropractic Neurologist who practices the Sullivan Technique on his patient that suffer from migraines in the St Petersburg/Tampa area. This therapy has been proven effective with Dr. Murray's patient base and over 90% of the time has provided immediate relief to the patient.



## A few tips to keep those headaches at bay:

- Drink more water.
- Increase Antioxidants (eat more fresh fruits!).
- Take a supplement with Magnesium and B-complex vitamins.
- Eat smaller meals throughout the day (keeping blood sugar level).
- Don't skip breakfast — it is the most important meal of the day!
- Discontinue drinking caffeine.
- Exercise more frequently.
- Improve posture/ergonomics of sitting, standing and computer set-up.
- Discontinue eating foods with dyes or preservatives (processed foods). If it's not naturally occurring, there's a good chance it is unhealthy.
- Have your eyes checked regularly.
- Get more sleep. (aim for 7-8 hrs per night).
- Avoid awkward sleeping postures such as sleeping on your stomach.
- Make sure you have a good pillow that supports your neck posture during the night.
- Strengthen extensor neck and back muscles.
- Reduce stress, start meditation, schedule preventative chiropractic neurology treatment, massage or physical therapy.
- Take a MELT class and learn how this powerful self-treatment technique can relieve headaches and neck pain.
- Try dōTERRA essential oils such as Peppermint or Past Tense.



## Are you ready to get your life back?

Contact Back 2 Normal 727-362-6866 to learn more about this all natural migraine treatment or better yet, schedule a consultation with Dr. Murray and see what amazing results he can provide in just a few sessions.

For more information on the Sullivan Technique, please visit his page at: [www.keystonechiropracticneurology.com](http://www.keystonechiropracticneurology.com)