



Dr David Urness

Practice of Chiropractic

...achieving active healthy lifestyles

Headaches

An Information and Management Guide from the Office of Dr. David Urness D.C.

- Headaches are one of leading reasons for visits to your family physician and/ or Chiropractor.
- It is one of the leading reasons for over-the-counter analgesic medication use.
- A recent Center for Disease Control study showed the prevalence of headache increased by 60% between 1980 and 1989.
- Headache is a leading cause of lost time and productivity in the workplace.

Major Types of Headache include:

- Migraine – Classic and Common
- Tension headache
- Cervicogenic headache
- Cluster Headache
- Headaches caused from trauma, other diseases

Your chiropractor and family physician are important in order to carefully and properly diagnose the exact cause and origin of your headache. Headache types that respond to Chiropractic care best include tension headache and cervicogenic headache. Chiropractic care can be effective for common migraine and cluster headache but are less profoundly effective due to the complex nature and biochemical cause for these headaches. Classic migraine is often accompanied by common tension headache or cervicogenic headache, hence migraine sufferers find relief with chiropractic care when these headaches are present. On the other hand, classic migraine episodes are best managed with prescription medication.

Consultation with our office can further clarify the type of headache you suffer and the differences between the types listed above.

Management for Headaches: Tension, Cervicogenic, Common Migraine.

Physical Component:

- Chiropractic adjustment or manipulation
- Myofascial treatment: Active Release Technique, Trigger Point Therapy, Post-Isometric stretch
- Posture modification
- Temporomandibular function, visual and neck muscle endurance – rehabilitative focus
- Ergonomics
- Eyestrain – Optometrist referral



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Biochemical: Identify triggers

<ul style="list-style-type: none"> • Caffeine • Aged cheese • Beans • Pickled or smoked fish • Artificial sweeteners • Citrus fruits • Refined sugar 	<ul style="list-style-type: none"> • Chocolate • Aged, cured or processed meats • Red wine • Monosodium glutamate (MSG) • Yeast breads and other yeast containing products • Alcoholic beverages
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Nutritional/ Herbal Approach

- Riboflavin – 400mg/day
- CoQ10 – 150mg/day
- Magnesium – 600mg/day – especially effective for menstrual migraine
- Feverfew: 50-100mg/day of a standardized extract or concentrate

Anti-inflammatory Diet (www.deflame.com)

- Eliminate all grains especially those with gluten
- Eliminate all refined sugar
- Eliminate hydrogenated oils
- Limit soy and dairy
- Stop Smoking
- Diet emphasis on fruits and vegetables
- Nuts and certain seeds
- Cold water fish (salmon, mackerel, sardines)
- Free range meat and poultry – grass fed animals have a greater omega 3 fatty acid content thus reducing the pro-inflammatory ratio of a high omega 6 fatty acid to low omega 3 fatty acid content.

The website www.deflame.com provides the specifics to follow the outline above.

Another resource proving to be helpful and easier to follow given it's focus away from eliminating grains is Molecular Fitness (www.molecularfitness.com) Dr. Darryl Tanelian M.D. of Stanford University has put together an excellent dietary program with innovative and motivating tracking tools.



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