



March Newsletter

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Headaches– Prevention and Treatment

Many of us have suffered from a headache at some time in our life. Headaches are very common in adults, although they can develop at any time in life. Headache symptoms usually begin gradually. However, the sudden onset of a severe headache may signify a serious problem and requires immediate medical attention.

Headaches are commonly described as achy, dull or a throbbing pain. Discomfort typically begins at the base of the skull or upper part of the neck and may radiate into the eyes, temple or other locations. Pain can also be felt on one or both sides of the head. Those who suffer from headaches may be sensitive to loud noises or bright lights. Others may become nauseated.

How are headaches evaluated?

Early diagnosis and treatment are important in identifying the underlying cause for your headache. In most cases an in depth history and physical exam can help determine if your symptoms are related to an easily treated problem. Your doctor may ask you to take note of the following,

- day and time of the headache
- location of the headache
- what the headache feels like
- what are you doing when the headache began
- duration of the headache
- what makes the headache feel better or worse

What is the treatment for headaches?

Headache treatment is cause-related. Chiropractors often treat patients with tension-type headaches and headaches caused by problems with the joints and muscles in the necks.

Treatment consists of

- joint manipulation of the neck with stretching and strengthening exercises
- massage and other forms of soft-tissue treatments

More serious cases of headaches may require an aggressive treatment by the appropriate medical profession

How can headaches be prevented?

- avoid slouching
- avoid reading or looking at your phone bent over
- keep your computer monitor at eye level
- take frequent breaks from reading or looking at your computer.

For any further questions and concerns, please talk with your Chiropractor.



**Do you have red, shiny dots on your forehead or hairline?
Ever wonder what they mean?**

Those red dots are called cherry angiomas. For those of you who are familiar with Dr. Chi's method of analysis, you know that cherry angiomas in the chest or abdominal area are indicators of estrogen-dominant conditions like fibroids, cysts, endometriosis, prostate issues and more.

When located on the forehead or hairline, cherry angiomas signal a risk for stroke or aneurysm. Since blood vessels have estrogen receptors, excessive estrogen can attack peripheral blood vessels, causing the aneurysm or angiomas. This explains why the risk for stroke doubles in people who have high estrogen.

Furthermore, the risk for stroke is eight times higher for people who have the following:

- *Cherry angiomas on the forehead/hairline
- *Family history of stroke or aneurysm, and
- *Hypertension

Natural Solutions for Heart Health

If you have these cherry angiomas on your forehead, do not ignore them! Consider them a reminder to watch your heart health. Keep in mind the typical advice of regular exercise and healthy eating habits. For those who need to keep their cardiovascular health on track, these supplements can help.

VEIN LITE- An all-herbal formula, Vein Lite has been proven to support optimal blood flow. It naturally lowers blood clotting factors and improves symptoms such as cold hands and feet, dizziness, headaches, brain fog, etc.

OXYPOWER - With its DNA repair function, OxyPower promotes the repair of vascular endothelial cells and is a potent antioxidant as well.

MYOMIN - Primarily recommended for those with unbalanced estrogen levels, Myomin will also benefit those with cardiovascular issues especially if cherry angiomas on the forehead are present.

Need other supplements to keep your blood pressure in check or to maintain healthy levels of cholesterol and triglycerides? Stop by our office to receive the full protocol from Chi.

Source: www.chi-analysis.com



2310 Immokalee Road

Naples, FL 34110

239-592-5433