

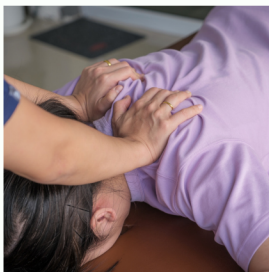


## FINDING RELIEF FROM MIGRAINES



### Navigating Migraine Challenges

Migraine headaches, with their intense pain and array of symptoms, can significantly disrupt daily activities and diminish overall quality of life. Finding effective strategies to manage migraines is essential for individuals and their support networks.



### Chiropractic Care for Migraines

Chiropractic care offers a non-invasive and drug-free approach to managing migraines. By correcting spinal misalignments (subluxations) that may contribute to nerve interference, chiropractors aim to restore proper nervous system function and alleviate migraine symptoms.

Many individuals report significant improvement in the frequency, duration, and intensity of migraines following chiropractic adjustments. Seeking chiropractic care not only addresses the symptoms but also targets the underlying cause of migraines, providing long-term relief and improved quality of life.

### Understanding the Impact of Migraines

Migraines are more than just severe headaches; they are complex neurological events that can cause throbbing pain, nausea, vomiting, sensitivity to light and sound, and other debilitating symptoms. The unpredictable nature of migraines often leads to missed workdays, social engagements, and family time, creating a profound impact on personal and professional lives.



NUTRIENTS	FOOD SOURCES
VITAMIN B2	GREEN VEGETABLES, EGGS
VITAMIN B6	MEATS, SEAFOOD
VITAMIN B9 (FOLATE)	GREEN VEGETABLES, BEETS
VITAMIN B12	FISH, MEAT, EGGS
VITAMIN C	BROCCOLI, CITRUS
VITAMIN E	DARK LEAFY GREENS, SWEET POTATO
CALCIUM	DARK LEAFY GREENS, SARDINES
MAGNESIUM	GREEN VEGETABLES, FISH
IRON	RED MEAT, SPINACH
COQ10	FISH, ORGAN MEATS

## Exploring Potential Triggers

Identifying triggers is a crucial step in managing migraines. While triggers vary from person to person, common factors include certain foods (such as aged cheeses, chocolate, and processed meats), hormonal changes, stress, dehydration, and environmental factors like strong odors or weather changes. There are also common nutrient deficiencies that can cause migraines. Understanding individual triggers can help individuals make proactive lifestyle adjustments to reduce the frequency and severity of migraines.

## Holistic Approaches to Migraine Management:

Many individuals find relief from migraines through holistic approaches. Techniques such as acupuncture, massage therapy, yoga, meditation, and dietary modifications may complement chiropractic care and provide additional relief. These holistic modalities focus on addressing underlying imbalances in the body and promoting overall well-being.

If you or anyone you know is suffering from migraines, it is a smart decision to get checked for any issues or misalignments in your spine that could be contributing to your suffering. Many people get relief of their migraine headaches thanks to chiropractic!

**STAY CONNECTED  
BY FOLLOWING US  
ON FACEBOOK!**



**SCAN & SHARE  
WITH A FRIEND**



(561) 819 2225  
15132 Jog Road  
Delray Beach, FL 33446



[WWW.ALTERCHIROPRACTIC.COM](http://WWW.ALTERCHIROPRACTIC.COM)