



NATURAL WAYS TO HELP YOU STOP...

HEADACHES AND MIGRAINES

FROM ALLOWING YOU TO LIVE LIFE THE
WAY IT WAS INTENDED FOR YOU...

PAIN FREE!!!!!!

Information compiled by Dr. Patrick
Newman (Chiropractor), Valued at £10



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About the author, Dr Patrick Newman:

Dr Newman originates from South Africa and moved to the Isle of Man in 2019 to help the Manx population achieve their optimum health goals. Dr Newman currently works in Douglas in an advisory role within Align 4 Life, the largest provider of private Chiropractic and Physiotherapy wellness services on the island.

Chiropractic and Physiotherapy are hands-on and natural. Both professions acknowledge the truth within each and every person –The truth is that we are all self-healing, self-regulating beings with an inborn innate intelligence that redefines our understanding of health.

8 Life Changing Tips to Reduce the Pain in your Head

1. STANCE AT A GLANCE

Have you ever wondered to yourself whether or not your posture might be the leading cause of your headaches and migraines?! I know I have. In fact I believe in this question so much that I dedicated my dissertation to finding out the answer (The answer is most definitely YES in case you were wondering).

How many of you realise that your head is roughly the same weight as a bowling ball (10-14Lbs)? Now imagine carrying that around on top of your shoulders in the WRONG way day in day out – Can you imagine what that is going to do to all those muscles, joints, ligaments and nerves in that area? I bet you are already starting to realise how important your posture is!

My Lifesaving tips-

- When sitting or standing, ensure that you relax your shoulders backwards and downwards. Now allow your head to reach for the skies (imagine someone pulling your head upwards from the tip with a string). Next, tuck your chin in slightly and see if you can get your earlobe in line with the tip of your shoulder (Believe it or not that's the right position for your head to be in).
- Are you ready for a simple exercise? Tuck your chin into your neck, keeping your ears and chin parallel to the ground. Aim of the game? Make a double chin – You want to hold this position for 5 seconds and repeat 10 times. We are trying to activate those postural muscles at the back of the neck, encouraging them to fire the way they should. This is an exercise that can be done anywhere. Note STOP if you try this and your symptoms are being aggravated. It may be due to a postural abnormality and you may require an x-ray investigation.

2. CHECK YOUR TECH IT WILL SAVE NECK

Anyone heard of tech neck? This is our modern-day postural epidemic. Think about how many hours we spend in front of the computer, looking down at your mobile or tablet – The accumulation of looking down hours on end places a significant amount of stress on your neck.

My Lifesaving tips-

- When using a mobile or tablet, you want to try bring it up to eye level. This simple tip will reduce the amount of load placed on the joints in the neck.
- When making phone calls make sure that you are not bending your neck to the side to hold it there between your ear and your shoulder –Try using a headset.
- When using your laptop or monitor, make sure you bring the top of your computer screen up to eye level. You can do this by buying a laptop/computer lifter to adjust the screen or simply place some books underneath it (Crucial for those working a desk-bound job).

3. DON'T CHEAT WHEN YOU EAT

Things like eating high sugary meals (sweets) or processed foods (You know what I'm talking about, you've seen the ques), dieting, fasting or skipping meals all together can and will most likely contribute to a sudden drop or spike in your blood sugar levels. Do you want to take a guess as to what that can cause? Yip, headaches and migraines.

My Lifesaving tips:

- Keep your blood glucose in check by eating small, regular meals that are prepared with natural goodies.
- Avoid eating those overly processed, packaged foods, as the ingredients within them lack the sustenance your body needs.
- Forget refined sugar! Use honey instead.
- Replace sweets with nature's natural sweet... FRUIT. The fibre in the fruit will fill you up and ensure that you are not overloading your body with sugar.

4. DRINK MORE WATER

This is honestly one of the top 3 BIGGEST causes of headaches. Drink more water (drinking caffeine – think coffee, tea, energy drinks does not count, in fact you should try cut down your daily intake).

5. GET A GOOD NIGHT SLEEP

Did you know you spend one third of your life sleeping! Incorrect sleeping posture, disturbed sleeping patterns and fatigue can be a major trigger for headaches and migraines.

Maintaining the normal curve of your spine is paramount to good alignment so you want to try sleep in a neutral position. Sleeping on your tummy is a no go—it places your neck in an unnatural bend and increased the stress on your lower back.

If sleeping has always been troublesome for you, try these simple tips:

- Try a memory foam pillow. This will allow your cervical spine to be in a more relaxed position without too much bend (While a natural fill pillow may feel comfortable to begin with, it will lose its shape within 30min to an hour.
- Lower the lights 30min or so before bed. It will help your body come to terms getting ready for bed.
- Avoid looking at a screen (TV, laptop, phone) – this artificial light tricks the body into thinking it's still day time, and so doesn't 'switch-off'. If you insist on watching something, use the blue light or night mode option on your TV or mobile.
- Try some soothing music, or a bedtime meditation, as well as soothing smells.
- Avoid drinking any caffeinated products and avoid eating 2/3 hours before bed.

6. DON'T LET YOUR BAG DRAG YOU DOWN!

When carrying our bags or cases, we tend to carry them over the same shoulder, creating repetitive stress to the neck and shoulder. Something important to remember is that your bag should never exceed more than 10% of your body weight (Incredibly important for the little ones who carry ridiculous amounts of books in their bags). When it goes over this weight it places an incredible

amount of stress and strain through the head, neck and shoulders which, in turn, contributes to pain and headaches.

My Lifesaving tips:

- Remove any unnecessary items. Keep your bag light.
- When carrying a bag with short straps or a clutch, sling it over your shoulder and tuck the purse under your arm close to your body.
- When carrying a bag with long straps, sling it over the opposite shoulder to help the shoulders relax. This way your shoulders won't contract to prevent the bag from falling.
- Try and switch shoulders every so often to prevent repetitive strain.

7. STRESS LESS

Stress is another one of the top three causes of headaches and migraines in my opinion. In this day and age, we are all living fast paced and chaotic lives.

My Lifesaving Tip:

- Take 10 minutes for yourself. I promise you your body will thank you for it. Remember your health is your wealth. If you are letting stress consume you then you are going to do a half arse job which will only exacerbate your stress more. There are so many meditation and mindfulness apps your disposal nowadays, from a 2-minute guided meditation for the newbie's, to an hour long one for the more experienced masters.

8. GET ADJUSTED! SIMPLE AS THAT

All you should do now is go and see your local chiropractor for a check-up! We look at the alignment of your spine and make sure that your nervous system is functioning at its optimum. I've done the research, I have got the stats. Chiropractic care is a proven care option for headaches.

CONCLUSION

And that's a wrap! 8 things on how to effectively manage your headaches and migraines safely at home. By applying these basics diligently every day, you will see changes to the quality of your life!

HEALTH ADVICE DISCLAIMER

We do our very best to accurately represent the injury advice and prognosis displayed throughout this guide.

However, this information is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

Please understand that we are unable to give you an accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors, or from our Health Care Professions Council registered Physiotherapist at the Align 4 Life clinic.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.