

Healthy Lifestyle Guide

A publication of Zager Chiropractic Services
(830) 393-6554 www.zagerchiro.com

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Headaches

Most people at one time or another get a headache. For some, simply taking a couple of pain relievers, such as aspirin, will knock the headache down and let you continue on with your day. That is fine for an occasional headache; however, if you have repeated headaches you should get checked by a physician or a chiropractor to determine the cause and a treatment plan to correct the underlying problem.

There are several different types of common headaches (that I will cover here) : tension headaches, sinus headaches and migraines.

A **tension headache** is a headache caused from the sustained contraction of muscles of the head and/or neck. Typically it is a stress induced headache; however, sleeping wrong and/or working in one position for a longtime (i.e. at the computer) can also cause this type of headache since the muscles become imbalanced. Another name can be a "cervicogenic" headache meaning it originates from the muscles in the neck. *See the Muscles of the Upper Cervical article on the inside.*

Getting up and moving around every half hour when you are on the computer, as well as stretches, doing pure ranges of motion, and some simple shoulder exercises will help relieve this type of headache. Additionally, a massage or a hot shower will help relax the muscles of the head and neck. Chiropractic treatments can also help re-align your neck vertebrae so that your muscles are in better balance with each side; and therefore, are not con-

stantly contracting, thus relieving the headache.

Sinus headaches are from your sinuses being blocked and causing pressure or pain. You can typically feel these types of headaches, just above your eyebrows, behind your eyes, and around you nose and cheekbones. The key here is to be able to open up your sinuses and let them start draining. There are some massage techniques that you can do on your face that will help open your sinuses. A hot shower will also help open your sinuses.

When taking the shower, you should blow your nose several times in the shower after about 5 minutes. If your sinuses stay plugged, you run the risk of ending up with a sinus infection. Chiropractic treatment to the neck (especially at atlas and axis) can also help relieve some sinus pressure and help the sinuses drain.

Migraines can be very debilitating for patients. Migraines can last from 4 hours to several days. They can be classic migraines where there is an aura (some painless signs before the actual headache starts), light and sound sensitivity, nausea and/or vomiting all with one-sided intense head pain. There are also common migraines with or without some of above mentioned symptoms and signs. Migraines can be triggered by certain foods such as red wine, chocolate, caffeine and hard cheeses. Many migraine sufferers seek chiropractic care and get relief and prevention of their migraines through regular chiropractic adjustments to the cervical (neck) spine, especially atlas and axis.



Vitamin and Supplement Primer

Many of my patients ask me what kind of vitamins and supplements they should take. So I would like to go over some basic information and guidelines for taking vitamins. With future newsletters, I will talk more about individual vitamin and mineral requirements, how your body uses that vitamin or mineral and what are good sources of that particular vitamin or mineral.

- You should take vitamins as supplements, not as a replacement for eating and living healthier (more veggies, less carbohydrates, and exercise).
- Vitamins in liquid form have a higher absorption rate into your body than do pill vitamins. Liquid vitamins have an absorp-



tion rate of 80 - 90% of the vitamin versus 10 - 20% in pill form.

- Vitamins and minerals from whole food sources (less processing and no synthetics) are utilized by the body much better and you will typically get more trace and micro minerals with those types of vitamins.
 - When you are under stress you should make sure you take your vitamins - stress depletes your stores faster than normal.
 - As we get older, vitamins and minerals are even more important to our health. There are a number of conditions (hypothyroidism and fibromyalgia are just two), which respond very positively when a person takes particular supplements.

What you should be taking

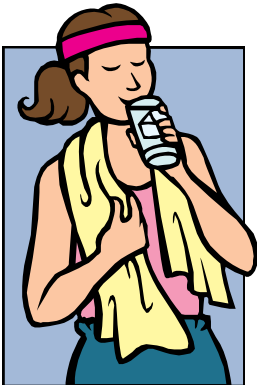
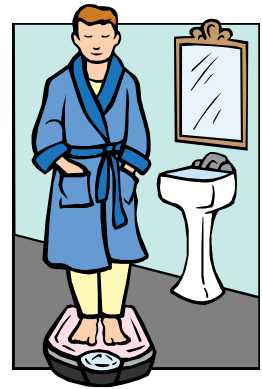
- **Basic Vitamins** - Vitamins are fat-soluble or water-soluble organic substances essential in minute amounts for normal growth and activity of the body and obtained naturally from plant and animal foods. A, B Complex, C, D, E, and some K - I recommend **Body Balance** (a liquid whole food with vitamins and minerals), or **Essential Basics** (again with both vitamins and minerals)
- **Minerals**—Minerals are inorganic elements, such as calcium, iron, potassium, sodium, or zinc, that are essential to the nutrition of humans, animals, and plants. Trace minerals – same as above, but in very small amounts. A good mineral supplement has both macro and trace minerals—especially selenium, zinc, and magnesium—I recommend **Body Balance** or **Essential Basics**.
- If you have **joint problems** (arthritis, stiffness, disc problems) I recommend a good Glucosamine and Chondroitin supplement—either **FlexeoPlus** (a liquid) or **Ultra Joint Forte**.
- If you have **nerve problems** (sciatica, radiating arm pain, headaches, numbness or tingling, etc.) I recommend a B Complex supplement such as: **Hypo-B-50** or **Stress-Plex-Forte**. Additionally, I recommend a supplement of Omega 3,6, and 9 fatty acids. These fatty acids are helpful for the brain, nervous tissues, and mind, but also for cardiovascular health and as an anti-inflammatory agent. I recommend **Balance Plus** for a proper balance of all three fatty acids. You can also get some of them in olive oil, salmon, avocados, and tuna.

Information on thyroid problems, fibromyalgia, digestive problems, bone health, and other nutritional information in upcoming issues.

Wellness Resources

available at Zager Chiropractic Services

- ♦ **Individual Wellness Program**—includes chiropractic, exercise, nutrition, and relaxation components—lasts for 8 weeks
- ♦ **Small Group Wellness Programs**—designed for 2-5 people — call to schedule a group—same as above; lasts 8 weeks.



- ♦ **Small Group *Mini* Wellness Programs**—designed for 2—5 people; just exercise and nutritional components.
- ♦ **Individual Exercise Training**—specifically tailored to individual needs -one time and ongoing options
- ♦ **Individual Nutritional Reviews**—one time and ongoing options includes reviewing and recommending supplements.

call (830) 393-6554 for program details and scheduling

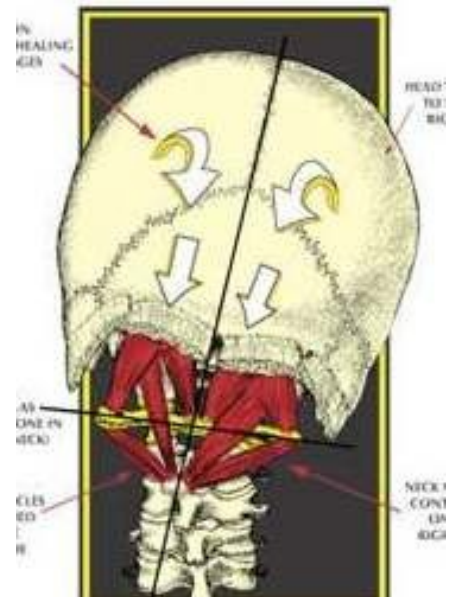
Muscles of the Upper Cervical (neck) Region

The purpose of the neck and occipital (back of the head) muscles is to support the head on top of your spine, as well as, to move the head and neck.

- The longer muscles start in the midback and shoulder regions and insert into the cervical (neck) vertebrae and the back of the skull (the occiput).
- The shorter and deeper muscles go between the individual cervical vertebrae, and also the occiput.
- When you have a cervical or occipital subluxation, your muscles become out of balance, with one side pulling more.

A simple test is to stand in front of a mirror. Close your eyes and stand where you think you are standing straight. Then open your eyes and check to see if your eyes or ears are level with each other, whether your shoulders are level with each other, whether your chin is in the midline, or whether your head is tilted or rotated. Any of those items can mean that your muscles are out of balance and that you probably have a cervical or occipital subluxation.

- Muscles that are constantly contracting, trying to pull the vertebrae back into place, or trying to stabilize the neck can be felt as tightness, may have “knots” in them, or even be felt as deep ache.
- Hot showers, ice, and massage may relieve some tightness.
- Chiropractic treatment will also help relieve and re-balance those muscles.



Senior Exercise Class

Because of the high demand, I changed the senior exercise class at my office to:

**Thursday mornings
at 9:15 am**

If you would like to join this group,
please give us a call at 830 393-6554

**We are a Blue Cross Blue
Shield of Texas
preferred provider.**

**We accept Medicare
patients.**

Zager Chiropractic Services
2840 Business Loop 181 N, suite 140
Floresville TX 78114

Check out our webpage

www.zagerchiro.com

for more articles and information.

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Floresville, TX 78114
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Summer Office Hours:

Monday	9 am - 6 pm
Tuesday	9 am - 3 pm
Wednesday	9 am - 6 pm
Thursday	9 am - 3 pm
Friday	9 am - 6 pm
Saturday	by appointment