

Natural ways to stop ...

Frustrating, Frequent, Debilitating

HEADACHES AND MIGRAINES...

from disturbing your sleep,
mood and daily activities!



*By Dr William Goddard,
(Doctor of Chiropractic)*


Goddard
CHIROPRACTIC

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About the author, Dr. William Goddard (Doctor of Chiropractic):

Since 2003, Dr. Will Goddard (Doctor of Chiropractic) has been helping thousands of people throughout the South of England. Over the years Dr. Will has seen how Chiropractic care goes far beyond pain relief to find the underlying cause of your problem. During this time, Dr. Will has become a trusted health advisor to thousands of patients.

Dr. Will graduated in 2003 from the Welsh Institute of Chiropractic in South Wales and worked in one of the longest established Chiropractic clinics in the UK/Europe. There he developed his Chiropractic skills, before moving on to work in one of the busiest clinics in the country, where he learnt the importance of spinal rehabilitation in conjunction with Chiropractic care.

In 2015, Dr. Will and his wife, also a Chiropractor, decided it was time to put together all their knowledge and experience and open Goddard Chiropractic to help benefit their own local community.

Dr. Will continues to attend courses and seminars to further his knowledge and continue to bring the finest and most up-to-date Chiropractic care he can. He offers this outstanding care to all ages and professions and has had the fortune of helping Olympic Athletes, Rock Stars and Television actors.

Dr. Will is an active member of the United Chiropractic Association and the General Chiropractic Council.

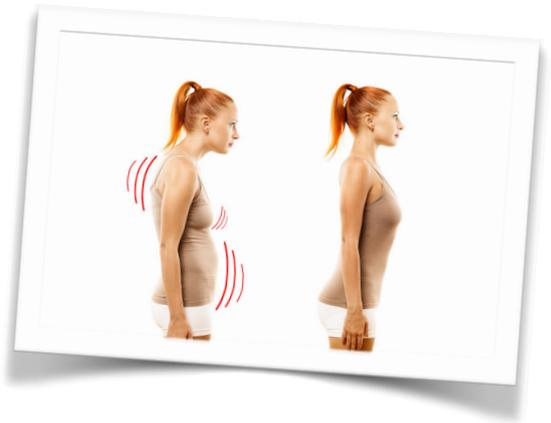
8 Headache Changing Tips to Reduce the Pain in your Head

1. ENHANCE YOUR POSTURE

Your posture could be one of the causes of your headaches and migraines. Your head is as heavy as a bowling ball, it weighs approximately 10lb, and if you are carrying that around on top of your shoulders in the **WRONG** way every day - imagine what that is going to do to all those muscles, joints, ligaments and nerves in that area.

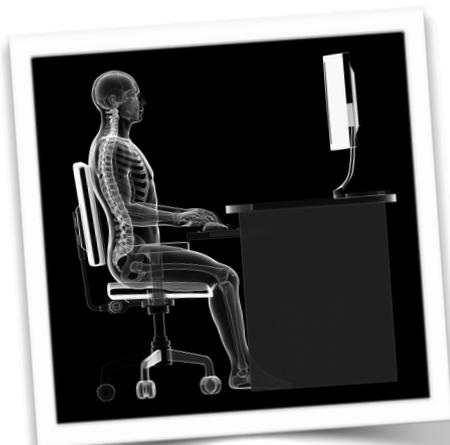
Make sure when you are sitting or standing, you relax your shoulders back and down, stretching your head to the top of the ceiling. Tuck your chin in slightly and see if you can get your ear lobe in line with the tip of your shoulder. That's the right position for your head to be.

To encourage this type of posture, try this exercise: tuck your chin into your neck, keeping it parallel with the floor, and make a double chin - hold this for 5 seconds and repeat 10 times daily. This helps to activate the postural muscles at the back of your neck, so they can do their job correctly.



2. CHECK HOW YOU USE TABLETS, PHONES AND COMPUTERS

Did you know that technology is one of the principle causes of the modern-day posture epidemic? Hours spent in front of a computer, slouched on a couch, looking down at your iPad or iPhone – all of these contribute to increased stress on your neck, possibly leading to your headaches and migraines.



When using your phone or tablet, try bringing it up to eye level to reduce the force going through your neck. Make sure you are holding your phone to your ear correctly when making phone calls, and not bending your neck to the side to hold it there between your ear and shoulder – better yet, use a headset. And lastly, when using your computer, 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.

3. EAT WELL

Fasting, eating high sugary meals or processed foods, dieting or skipping meals can all contribute to a sudden drop or spike in your blood sugar levels. This in turn could be the leading cause of your headaches and migraines.

One of the best ways to keep your sugar levels in check is by eating small, regular meals that are prepared with fresh, natural (organic if possible) ingredients. Processed foods lack nutrients that the body needs so try to avoid eating them. Try replacing refined sugar for healthy alternatives, like organic honey or raw maple syrup. And if you are craving a sweet treat, try reaching for some fresh fruit, or a date instead – sweet and sticky and the perfect substitute for those mid-afternoon cravings!

4. DRINK PLENTY OF WATER

This is a common trigger for a lot of people suffering from headaches and migraines. Being dehydrated may not only come from NOT drinking enough water, but possibly drinking TOO much caffeine – think coffee, tea, energy drinks, chocolate! Cut down on these and increase your water intake, little bits often throughout the day – and your body will thank you for it in more ways than one!

Try and drink 2 litres of water throughout the day.



5. SLEEP WELL

We spend approximately one third of our life in bed. Having enough sleep and the correct sleeping position is important for good alignment of your spine. Not only this, but disturbed sleeping patterns and fatigue both can be a major trigger for headaches and migraines.

Sleeping in a natural and neutral position, maintaining the normal curve of your spine is paramount to good alignment. Sleeping on your stomach is the worst position for your spine. This places your neck in an unnatural bend and increases stress on your lower back. Make sure your pillow supports the natural curve of your neck. Natural fill pillows might feel comfortable to start with, but lose their shape within 30 minutes to an hour. Try a memory foam pillow that allows your cervical spine to be in a relaxed position without too much bend.

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

- a) Lower the lights before bed.
- b) Avoid looking at a screen (TV, laptop, phone) – the artificial light tricks our brain into thinking it's still day time, and so doesn't 'switch-off'.
- c) Try some soothing music.
- d) Try bedtime meditation.
- e) Use soothing smells-lavender is great.

6. CHECK YOUR BAG



Humans are creatures of habit – so most of us, when carrying our bags or cases, are always carrying them over the same shoulder, creating repetitive stress to the neck and shoulder. Try and switch sides every so often. Your bag should not weigh more than 10% of your body weight. When it goes over this weight it places stresses and strain through your head, neck and shoulders, leading to pain and headaches.

Before leaving the house, always check the weight of your bag and remove any unnecessary items. When carrying a bag with short straps, 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 wear across your body, to help the shoulders relax. Try and switch shoulders every so often to prevent repetitive strain.

7. STRESS LESS

Stress is a crucial factor when it comes to headaches and migraines. In this day and age, we are all living fast paced and chaotic lives – but taking 10 minutes out in your busy schedule can save you hours at the end of the day, especially if it is going to keep that headache away!



There are so many meditation and mindfulness apps to download nowadays, from a 2-minute guided meditation for the newbie's, to an hour long one for the more experienced. Many successful business people and athletes have found the benefit of meditation and mindfulness, why not put it into practice in your life today, and watch that stress slip away.

8. GET CHECKED AND ADJUSTED!

Now all you should do is go and see your local Chiropractor for a check-up! Chiropractors look at the alignment of the spine and make sure your nervous system is functioning at its optimum. There is no better way than to get a hands-on chiropractic assessment to see what the underlying cause of those headaches is – and then how best to get rid of them!

CONCLUSION

So, there you have it! 8 top tips on how to manage your headaches and migraines safely and effectively. Not only this, but these tips will have a positive benefit on your neck and shoulder discomfort and overall energy and vitality! I could go into much more detail about ways to manage headaches, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life.

If you have any questions or there is anything you need help with, please feel free to telephone our warm and friendly team on **0118 9664431**.

Dedicated to restoring your health potential and well being.

A handwritten signature in black ink that reads "W P Goddard". The signature is written in a cursive, flowing style.

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HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinic. The information given 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.

It is impossible to give a 100% complete 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, at Goddard Chiropractic 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.