

HEADACHES

The most common type of headache is known as a tension-type headache. A tension headache is normally characterized by dull, mild to moderate pain and usually feels like there is a tight band around the head. Instead of reaching for a pain killer at the first sign of a headache, give these home remedies and lifestyle preventions a try:

Stress Management – Try cutting unnecessary stress out of your day by planning ahead. Give yourself more time to accomplish tasks, and when stress sneaks up on you without warning, step back and allow your emotions to diffuse.

Muscle Relaxation – Loosen up those tight muscles with some heat. Try a hot water bottle, heating pad, or warm cloth. A hot shower may also do the trick. Massage can also help with muscle tension.

Perfecting Your Posture – This will decrease the amount of strain put on your muscles by supporting your entire body so you can move with efficiency, and without pain. For better posture, try this: Push your shoulders back and down, hold your head high, pull your abdomen and buttocks in, and tuck in your chin.

Consult your chiropractor to address the underlying causes of your headaches.