



## ***Headaches***

Q: I have been having headaches once or twice a week for years now, is there anything natural that can be done to prevent or fix this problem?

A: Headaches can be present for a variety of reasons. Most importantly, it is necessary to rule out any serious disease that could be causing these headaches; fortunately this is rarely the case. Common causes of chronic headaches include hormonal imbalances, food sensitivities, hypoglycemia, stress, neck tension and spinal subluxation.

The most overlooked cause of chronic headaches is hypo-glycemia, people who often go for hours on end without eating are prime candidates for headache. In this scenario effective treatment includes neck massage and adjustments while concurrently changing the diet to address individual needs.