

Chiropractic care and headaches

www.acatoday.org/Patients/Health-Wellness-Information/Headaches-and-Chiropractic

If you suffer from headaches, you are not alone. Nine out of ten Americans suffer from occasional or frequent headaches. Research now shows that spinal manipulation from chiropractors is an effective aid for those who suffer from tension headaches or headaches that originate from tight neck and shoulder muscles.

WHAT CAUSES HEADACHES? Surprisingly 95 percent of them are primary headaches. Meaning that the headache is due to the headache condition itself and not some other underlying cause and is usually caused by tension in the neck.

WHAT CAN WE DO TO AVOID THIS? There are a few things we can do to prevent future headaches or tension in the neck and shoulders. Taking time out of our day specifically to stretch our neck and shoulders as well as taking our head through some ranges of motion and light daily extension exercises could help. Avoid clenching your teeth and make sure to stay hydrated throughout the day.

WHAT CAN A CHIROPRACTOR DO TO HELP? He or she may perform a spinal manipulation, provide nutritional advice or provide exercises for relief.

Omega 3's health benefits

www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614

WHAT ARE OMEGA 3'S? Omega 3's are essential. They are not naturally produced in our own body. They are unsaturated fats which when substituted for saturated fats can lower your LDL cholesterol levels. This decreases the overall inflammation throughout the human body which can damage your blood vessels and lead to heart disease or other unhealthy conditions.

HOW CAN I GET MORE OF THIS IN MY DIET? Research shows that the nutrients from fish, one being the omega 3 fatty acids, may help reduce your risk for heart disease. The fish with the greatest amount of omega 3's are salmon, lake trout, mackerel, herring, sardines and tuna.

HOW MUCH SHOULD I BE EATING? Around two servings (3.5 ounces) is the recommendation. However if you are a woman who is pregnant or a small child you should limit the amount of fish eaten because you may be more vulnerable to the effects of mercury in the fish.

SHOULD I WORRY ABOUT MERCURY LEVELS? It is uncommon for any adult to experience negative effects of mercury but if you are a small child or a pregnant woman the mercury in the fish could be harmful to unborn or young children and the development of the brain and nervous system.

HOW ELSE CAN I GET OMEGA 3'S IN MY DIET? Flaxseed, flaxseed oil, walnuts, canola oil, soybeans and soybean oil are all great sources of omega 3's however the heart healthy benefits from eating fish outweigh the benefits from all of these foods.

Hours:

Monday, Tuesday, Thursday
and Friday: **8am-5pm**

Wednesday: **7am-6pm**

Address:

250 East Saginaw
East Lansing, MI 48823
(517) 337-3080