

## Headaches

A recent study reported that the average worker has 57 headaches per year. That's more than one headache per week! Amazingly enough, we've been lead to believe this is "normal." Rather than addressing the root cause of the headache, we've been conditioned (largely by pharmaceutical companies) to reach for pain relievers.

Over-the-counter pain medications work well when used occasionally. But did you know that taking aspirin or other medications 2-3 times per week can turn intermittent headaches into chronic and daily headaches. This means that headache sufferers who give up daily painkillers may actually feel better, not worse.

I recently recommended to a patient who'd been suffering with headaches for years that she drink more water. Her headaches stopped within two days. Dehydration is accelerated by caffeine. Keep this in mind when you or your child drink coffee, tea and sodas. Always drink at least 64 ounces of water each day .

Reduce toxin levels in your body by doing a liver and/or intestinal cleanse. Along with cleansing you'll want to avoid foods such as wheat and dairy products, alcohol, caffeine and food additives. Try to correlate your headaches with what you ate and eliminate those foods to see if that makes a difference.

Unfortunately, no amount of water or dietary changes will fix the headache if it stems from a jaw problem, structural joint misalignment or muscle tension in the neck. Bodywork such as massage and chiropractic produce excellent results for these types of headaches which may be the most common of all. Learning relaxation and stress reduction techniques will help enormously.

Although TV ads make it sound like headaches are caused by an aspirin deficiency, taking medications may actually prevent you from getting the proper treatment while they prolong or worsen the problem. Take a natural approach to your headaches first, you'll be happy you did.

Yours in health,

Dr. Rick

*Dr. Rick Schlusel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at [rick@mydrnick.com](mailto:rick@mydrnick.com)*