

NATURAL WAYS TO STOP ...

**ANNOYING, DAILY,  
DEBILITATING**

# **HEADACHES AND MIGRAINES...**

**FROM DISTURBING YOUR SLEEP,  
MOOD AND DAILY ACTIVITIES!**

Guide by  
Dr Luc Archambault , Chiropractor  
(value £75)

**sp**•neworks  
CHIROPRACTIC



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## About the author, Dr Luc Archambault, chiropractor

Clinic director at **SpineWorks Chiropractic**, Luc Archambault D.C. is a passionate chiropractor with over 20 years of clinical experience in Canada and in London UK. Graduated in 1999 from Université du Québec à Trois-Rivières (Canada) with a Doctorate of Chiropractic, he has helped thousands of patients with various musculoskeletal conditions and has witnessed the fantastic transformations that chiropractic has made to people's lives.

He has specific interest in postural correction, neurology, spinal rehabilitation, management of scoliosis, wellness and treatment of disc injuries. He became certified in 2006 in Chiropractic Biophysics (CBP® [www.idealspine.com](http://www.idealspine.com)), the most researched, evidence-based technique in the profession in corrective spinal rehabilitation.

He also worked for the development of his profession. He has been an examiner for the Canadian Chiropractic Examining Board, a representative for his provincial chiropractic association and has been involved in being a mentor for new graduates.

Luc strives to grow professionally and personally and he believes that a healthy body and mind lead to a happier life. He empowers his patients to become more proactive and responsible in leading a healthier life and in reaching their own innate potential.

# 9 Headache Changing Tips to Reduce the Pain in your Head

## 1. ENHANCE YOUR STANCE

Have you ever thought your **posture** might be the leading cause of your headaches and migraines? Your head is as heavy as a bowling ball, 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 (fun exercise at work while others are watching!) - hold this for 5 seconds and repeat 10 times. That activates those postural muscles at the back of your neck, so they can do the right job properly again!

## 2. CHECK YOUR TECH

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 THE RIGHT TREAT!

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.

**Eating small, regular meals that are prepared with natural (organic if possible) ingredients** is the best way to keep your blood glucose in check. Avoid overly processed, packaged foods, as the ingredients in them lack the nutrients your body needs. Try replacing refined sugar for healthy alternatives, like organic honey or raw maple syrup. And if you are craving a sweet treat, try reach for some fresh fruit, or a date instead – sweet and sticky and the perfect substitute for those mid-afternoon cravings!

## 4. Avoid certain foods

Some food have been known to trigger migraine and headaches.

- **Caffeine.** Too much caffeine and experiencing caffeine withdrawal can cause migraines or headaches. Avoid food and drinks with caffeine such as coffee, tea and chocolate.
- **Artificial sweeteners.** Found in many processed foods. **Aspartame** in particular is thought to be a trigger.
- **Alcohol**
- **Chocolate**
- Foods containing Monosodium Glutamate (**MSG**) used as food additives
- **Cured meats** — including deli meats, ham, hot dogs, and sausages — all contain preservatives called **nitrites**, which preserve colour and flavour. These foods can release nitric oxide into the blood, which is thought to dilate blood vessels in the brain.
- Aged **cheeses.** Contain a substance called **tyramine** known to trigger migraine and headaches. Blue cheese, feta and parmesan are particularly high in tyramine.
- Pickled and **fermented foods.** They can also contain high amounts of **tyramine**. The foods include: pickles, kimchi, kombucha and pickled jalapeños.

## 5. DRINK WATER FOR A HEALTHY GLOW

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!

## 6. SLEEP DEEP

Did you know you spend one third of your life in bed! Having the correct sleeping position is critical to 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 – as this places your neck in an unnatural bend and increased stress on your lower back! Make sure your **pillow** supports the natural curve of your neck. Natural fill pillows might feel comfortable to start, 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: **lower the lights before bed and avoid looking at a screen** (TV, laptop, phone) – this artificial light tricks the body into thinking it's still day time, and so doesn't 'switch-off'. **Try some soothing music, or a bedtime meditation**, as well as soothing smells (lavender is great!) and teas (chamomile!)

## 7. GET LESS BAG DRAG!

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. Your bag should not exceed 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 headache

Check the weight of your bag before leaving the house 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 help the shoulders relax. This way your shoulders won't contract to prevent the bag from falling.

**Try and switch shoulders every so often to prevent repetitive strain**

## 8. 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.

## 9. DONE AND DUSTED – NOW GET 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. Accidents and poor posture can sometimes create microtrauma to our vertebral joints and a loss of the normal **curve in the neck** is a common cause of tension headaches. There is no better way than to get a hands-on chiropractic assessment to see what the **underlying cause** of these headaches is – and then how best to get rid of them!

## CONCLUSION

So, there you have it!

**9 top tips on how to manage your headaches and migraines safely and effectively TODAY!**

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, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life!

In the weeks ahead, I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how **chiropractic** can make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at SpineWorks Chiropractic become the source of leading-edge health advice for you and make a real difference to your life.

*Dedicated to Restoring Your Health,*

*Luc Archambault D.C.*

*Doctor of Chiropractic*



## 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 clinics. 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 SpineWorks Chiropractic.

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