

I could sure use a headache detective...

Do you get headaches? Ugh, they can be really awful...

Unfortunately, headaches come in numerous shapes and sizes.

There are migraines, tension headaches, toxic headaches, blood sugar headaches, headaches related to the jaw, adrenal fatigue headaches, and more.

Want to be a headache detective?

The next time you get slammed with a nasty headache, look back over the past 24 hours see if anything on this checklist could be the culprit. You can have more than one source for your headaches.

- **Weekend headaches.** These can be caused by the changes in your regular sleep cycle -- staying up late or sleeping in. Try keeping a regular sleep schedule, seven days a week.
- **Paint and other chemical headaches.** Try using the low VOC paint (no volatile organic chemicals) and air out the room after painting. Avoid perfumes, air fresheners, perfumes, and fragrances.
- **Dehydration headaches.** Drink plenty of clean, fresh water.
- **Hunger headaches.** Always keep a small snack in your pocket or purse. Never get too hungry.
- **Too much caffeine or stopping caffeine too quickly headaches.** Start the detox now...addictive stimulants like coffee or tea should be stopped on a gradual basis.
- **Adrenal headaches.** Your stress glands (adrenals) can get overworked and get weak. Headaches occur. They can be relieved with sleep but not always. If you have stress this could be a cause of your headaches.
- **Sleep deprivation headaches.** Chronic lack of good sleep can lead to adrenal fatigue as well as muscular tension.
- **Food trigger headaches.** Potential trigger foods include red wine, beer, anything artificial, chocolate, aged cheese, processed meats, nuts, bananas, artificial sweeteners, and sauerkraut. Try eliminating these foods from your diet and see if your headaches go away.
- **Misalignment/tension headaches.** The bones of the neck, jaw, and upper back may be out of alignment. This leads to muscular tension, knots, and soreness.

We believe in finding the source of the health problem rather than covering up the issue with medication. If you have more than one reason for your headaches you need more than one solution.

Need some help getting rid of your headaches?

Call our office and make an appointment. You will be glad you did.