

Do You Suffer From Migraines?

For some people, migraine headaches are an all too frequent experience. Symptoms include the pounding, throbbing, crushing headache feeling plus nausea, vomiting, and an aversion to light and sound.

There may be hope on the horizon to eliminate or greatly reduce the symptoms associated with migraines. A research study about migraines appeared in the November 1997 Australian Chiropractic and Osteopathy Journal. The study of four selected migraine types showed participants responded dramatically to chiropractic manipulation. The frequency of migraines was reduced on average by 90%, and the duration of each episode decreased by 38%. The average participant was able to decrease his/her medication use by 94%.