

Pain?

Ask Amber



Q: *I get extreme migraines quite regularly, and pain relievers don't seem to do much. How can I find relief?*

A: Headaches and migraines can be triggered by varying causes such as lack of sleep, changes in weather, food triggers, hormones, poor posture and jaw misalignment, to name a few. If you can't seem to put your finger on what causes your pain, it may be difficult to get instant relief, but there are a few simple lifestyle changes that can help to reduce the risk.

Get a full night's sleep every night

Drink 1.5 litres of water per day

Try to get plenty of fresh air / Take a short walk each day

Don't sit for too long / Limit computer/TV time

Avoid food triggers such as chocolate, coffee, MSG and alcohol

If you find that these measures don't seem to provide enough relief, you may need professional help. The advanced Bowen practitioners at Let it Heal have years of experience and huge success dealing with migraines, cluster headaches, TMJ syndrome and sinus pain. In most cases only a few treatments can put an end to years and years of migraine headaches. Call today to find out how this gentle technique can help you.

TUNE INTO "THATCHANNEL.COM" THIS FRIDAY AT 1PM TO LEARN MORE!

Let it Heal

www.letitheal.com

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