

YOUR GUIDE TO STOPPING HEADACHES AND MIGRAINES[©]

NATURALLY



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ABOUT THE AUTHOR

Originally from South Africa, Dr Xander emigrated with his family to the UK in 1999.

He is bilingual - Afrikaans and English.

He was introduced to Chiropractic from a young age by his father, also a Chiropractor.

Having witnessed and being told of the amazing improvements in people's health, he wished to pursue the same vocation.

He studied at the Welsh Institute of Chiropractic and graduated in 2008.

Since then, he has been in continuous practice and has helped thousands of clients get pain free and improve their overall health and wellbeing.

His clinical interests lie in paediatrics and radiology.

He is a keen tennis and football player.

After working in North London for 12 years, Xander and his wife Elda set up ACW, dedicated to their daughter Andrea who is their inspiration.

INTRODUCTION



In this report, I share strategies and tips to minimise the risk of developing headaches and migraines - some you can implement immediately and some over time.

Remember, stressors i.e. physical, chemical and mental/emotional accumulate daily, so addressing those are vital in keeping a healthy spine and therefore nervous system.

These tips are for general advice, with no guarantees of specific results being made or implied in this report, without performing a thorough physical assessment.

From my experience, I have found that these are some of the most common strategies clients can implement in their day to day lives.

You will be surprised how simple yet effective they are - as the saying goes: small changes make the biggest impact.



1. Watch your tech posture

With the emergence of technology, it is important to maintain good posture when using these. Looking down can place up to 60 pounds of pressure on the back of the neck. When using your phone or tablet, try bringing it up to eye level. When using your computer, make sure the screen is at eye level. A laptop stand or placing the screen/laptop on some books would suffice.



2. Chew on both sides

Ensure to chew on both sides. This is important for your jaw and the surrounding muscles and ligaments, since these may give referred pain to the head when inflamed/irritated.



3. Watch your diet

Inflammatory foods, processed foods, gluten, caffeine, lactose, dairy, soya and sugar can all cause or contribute to the development of headaches or migraines. Eating sugary foods leads to a sudden spike in blood sugar levels.



4. Stay hydrated

Since the brain is around 80% water, it is important to remain hydrated. The recommended daily intake is around 2.5 litres. Do not substitute water with tea or coffee, since these act as diuretics.



5. Sleep enough and properly

Since we spend around 1 third of our lives in bed, it is important to have a supportive pillow and mattress. It is also important to sleep in the correct posture. Stomach sleeping twists the neck into an unnatural position.

A contoured pillow will support the natural curve in the neck - the head weighs 12 pounds so it is important to support it when sleeping.



6. Watch your stress levels

Stress is a common contributing factor in the development of headaches and migraines.

Stress pushes our blood pressure up, suppresses the immune system, affects digestion, and causes muscle tensions, amongst other things.



8. Get healthy and pain free naturally with Chiropractic

Chiropractors assess the person as a whole and look at the root cause of the condition, without the use of drugs and surgery, this leads to a better way of reducing tension, improving mobility and posture and the health of your spine and nervous system

CONCLUSION

By implementing these tips, you may dramatically reduce your chances of developing headaches and migraines.

There are obviously many more things you and I could do to improve your health, posture and wellbeing, but if you start by implementing these principles, you can make a big difference to your quality of life.

I hope this is the start of a great, long-term relationship where ACW becomes an integral part of your healthcare regime.

Yours in health.

**Dr Xander van der Walt
Chiropractor**

HEALTH ADVICE DISCLAIMER

The advice contained within this guide are to serve as a guide only and not taken as treatment or remedy without a thorough physical assessment by a qualified Chiropractor.

As with all health complaints, each person's symptoms are affected by many factors including: previous medical history, lifestyle, backgrounds and motivation to follow advice and recommendations.