



6 TIPS TO TREAT HEADACHES AT YOUR HOUSE

1. **ADEQUATE SLEEP:** It's important to get enough sleep each night (6 hours at least) in order to reduce the chances of experiencing a headache. A good pillow and comfortable mattress can help ensure that your neck and spine remain in their proper alignment while you sleep, which can reduce the chance of headaches.
2. **AVOIDING TRIGGERS:** Certain smells, such as cigarette smoke or perfumes, can trigger headaches. It is important to be aware of any smells that may be triggering your headaches and avoid them as much as possible.
3. **AVOIDING FOODS:** Certain foods can also trigger headaches. Common culprits are aged cheese, alcohol, processed meats, and MSG. Keeping track of the foods you eat and avoid can help you identify which foods may be causing your headaches.
4. **DRINKING WATER:** Staying hydrated is important to help reduce the risk of headaches. Drinking enough water, at least 40 oz, throughout the day can help keep your body well-hydrated.
5. **POSTURE:** Sitting for long periods of time can cause tension in the neck and shoulders, which can lead to headaches. I recommend taking a break every hour to do a few chin retractions and stand up. Also instead of staring at your phone in your lap, lift it up so it's more even with your chest and your head will be less tilted down.
6. **EXERCISE:** Find something you enjoy doing and actually do it. A brisk walk, 10 minutes of yoga, weight lifting, etc are all great options to relieve some stress of life. Sometimes a little sweat gives you what you need to reduce stress.

Not working? Then make an appointment with Dr. Justin Trosclair for a chiropractic treatment. Headache relief is one of the top things we help patients like you overcome.

If you would prefer a no twisting/ no cracking option, that is something I have certifications in, so call now. 337 453 5199