



**Dr. Malott-Brechtel**

## **Headache headaches!**

Dear Dr. Brechtel,

I suffer from headaches almost daily. I don't want to take medication every day, is there an alternative?

There are several different causes for headaches. There are Migraine headaches, tension headaches, sinus related headaches, and cervicogenic (jaw and neck related), and more. The most important thing to discover is why you have headaches in the first place.

Treatment for common headaches include chiropractic, acupuncture, and the herb feverfew. Sinus headaches respond to diet changes, probiotics, Quercetin, and using sinus-cleaning systems like the Netti Pot system. Cervicogenic headaches respond well to chiropractic adjustments and massage because they are often biomechanical in origin (e.g. bad posture-like sitting at the computer). TMJ syndrome caused headaches sometimes benefit from dental splints that open the mouth at night, preventing grinding or chewing. Of course, the best place to investigate this, is in our office.

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