



Hello! Hope your summer is going well! Things are running full steam ahead here at Bliss Chiropractic and Acupuncture. Come in for a tune up or regular maintenance today. **Don't live with pain**, we can help provide you with **relief today and health for a lifetime!** Below we have included our article of the month for July and August. Many who suffer from headaches do not know the benefits chiropractic and acupuncture can have on **relieving their pain and preventing future headaches**. And FYI we still have Purification kits available, ask about them at your next visit! Hope to see you soon!

### Article of the month

July/August 2017

### Headaches and chiropractic:

If you have a headache, you're not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative! **Did you know that a common side effect of pain killers such as Aspirin, ibuprofen, etc. is rebound headaches?** Spinal adjustments are a great treatment option for tension headaches and headaches that originate in the neck. The greatest majority of primary headaches are associated with muscle tension in the neck. Today, Americans engage in more sedentary activities than they used to, and more hours are spent in one fixed position or posture. This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache.

So what can you do?

- If you spend a large amount of time in one fixed position, such as in front of a computer, on a sewing machine, typing or reading, take a break and stretch every 30 minutes to one hour. The stretches should take your head and neck through a comfortable range of motion.
- Low-impact exercise may help relieve the pain associated with primary headaches. However, if you are prone to dull, throbbing headaches, avoid heavy exercise. Engage in such activities as walking and low-impact aerobics.
- Avoid teeth clenching. This results in stress at the temporomandibular joints (TMJ) – the two joints that connect your jaw to your skull – leading to TMJ irritation and a form of tension headaches.
- Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches.
- Visit your doctor of chiropractic!

\*Seminars Dr. Bliss and his staff will be attending:  
Kansas City, September 23rd

\*Thank you to the following patients for your chiropractic and acupuncture referrals:  
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