



**Mabuhay
Chiropractic Clinics
Manila, Philippines**

Sinus Headaches

80% of headaches respond to chiropractic care because of the relationship between the spine and the nerves. In fact the upper part of the neck, the area that attaches the head to the neck, is referred to as the “Headache Zone.”

The reason is that many nerves that supply the blood vessels and sinus cavities come from the neck and enter up in to the head. An irritated nerve increases its firing rate thus over stimulating the glands it innervates. In the case of sinus membranes this results in an increase in sinus fluids with an increase in pressure causing pain in the face and forehead – very familiar to those who suffer from sinus headaches.

Natural options for relief can include taking the vitamin B3, natural Niacin or the synthetic version called Niacinamide, a food supplement available where vitamins are sold. This supplement is known to cause a flushing effect by producing a generalized capillary distention. This makes the skin red and hot but it also heats up the sinus cavities and dries out the congestion, relieving pressure and pain.

Let us take this discussion one step deeper by asking the question: “Why do the nerves over stimulate things in the first place?” Fix or prevent that step from happening and there is no sinus pressure to deal with in the first place. The answer: spinal misalignments in the neck are responsible for over stimulating related nerves.

Chiropractic is a drugless healthcare profession that knows to look to the neck to find underlying causes of headaches. Those misaligned vertebrae, when located in the “headache zone” may be responsible for many sinus problems and other headache types.

So do we treat the symptom (only to see the pressure and pain return) or do we treat the problem; in this case the neck / cervical misalignments? Try the natural option recommended above but if the problem persists you may want to have your neck checked out.

Have you had your spine checked yet?