



Migraine Headaches



While there are over 200 different types of headaches, the five most common are Migraines, Cluster, Tension, Post Trauma and Cervicogenic. This month we are focusing on **Migraines**.

Some Migraine symptoms occur hours to a day or two before a migraine attack and they are not to be confused with aura. They include various combinations of fatigue, difficulty in concentrating, neck stiffness, sensitivity to light or sound, nausea, blurred vision, yawning and pallor.

Did you know....

- Up to 80% of migraineurs have a family history of migraine headaches
- The largest subgroup of people who experience migraine headaches is women in their reproductive years.
- It is estimated that up to 25% of all migraine attacks occur in the period of the menstrual cycle (from the two days before up to 3 days after the cycle begins).

What can trigger a migraine?

- Stress, hormones, not eating, weather, sleep disturbance, perfume or odor, neck pain, lights, alcohol, smoke, sleeping late, heat, food, exercise and sex.
- Protein Drinks, bar and tablets that contain the amino acid tyrosine or tyramine. Avoid any products that contain L-tyrosine because this added quantity can disrupt the normal functions of the pituitary gland.
- Probiotics can introduce painful problems for migraineurs by increasing the level of nitrous oxide.
- Sunless tanning products especially those that contain tyrosine.
- Colon and other cleansing therapies that use acidophilus and other such ingredients often trigger migraine headaches by elevating nitric oxide.
- Yogurt can trigger migraines. If you eat yogurt to avoid yeast, consider taking coral Calcium to balance your ph to prevent yeast infections.
- All "Diet" drinks, i.e. Diet Coke. New health fads should be approached with extreme caution as they can easily disrupt the balance of your system and trigger migraines.



Gentle & Effective Chiropractic Care
We provide care to patients of all ages - infants to seniors.

- Wellness Care
- Pregnancy
- Ear Infections
- Headaches / Migraines
- Shoulder Pain
- Neck & Back Pain
- Hip & Leg Pain
- Sports
- Asthma
- Allergies
- Sinus
- Auto Accident
- And More!

List of Unhealthy Ingredients

And other foods to avoid when raising healthy children

Artificial food additives color, flavor and preserve the foods our children eat. Unfortunately, they've been linked to high cholesterol, diabetes, cancer, heart disease and more. Use this guide to limit your exposure... and your risk.

1. Partially Hydrogenated Oil - increases harmful LDL Cholesterol & decreases good Cholesterol; both effects contributing to heart disease
2. Brominated Vegetable Oil (BVO) - residues accumulate in body fat, damaging organs, including heart, liver, thyroid, testicles and kidneys
3. High Fructose Corn Syrup (HFCS) - increases the risk of type 2 diabetes, coronary heart disease, strokes and cancer
4. Artificial Colors & Flavorings - linked to allergic reactions, asthma, skin rashes, hyperactivity, headaches and fatigue
5. Benzoate Preservatives: BHT, BHA, TBHQ - can result in hyperactivity, asthma, urticaria, rhinitis, dermatitis and angiodema
6. Caffeine - can lead to osteoporosis, infertility, heart disease, jitteriness, headaches, irritability, sleeplessness, possible birth defects and depression
7. Artificial Sweeteners - may be carcinogenic, sensitive's resulting in cancer of the uterus, ovaries, skin, blood vessels and other organs
8. MSG (Monosodium Glutamate) - sensitive's to MSG can include headaches, nausea, wheezing, edema, change in heart rate, burning sensation and difficulty breathing
9. Olestra - linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence
10. Sodium Nitrate and Nitrate - highly carcinogenic

Useful Online Resources: www.thewaytoeat.net, www.theportionplate.com, www.cspinet.org/reports/chemcuisine.htm

This information was taken from this months "Pathways to family wellness" magazine. Please let us know if you would like a copy of the complete article. We will be happy to provide this to you at your next appointment.

Strengthen Your Immune System with Chiropractic

Chiropractic is a powerful immune system “wake-up call.” Doctors of Chiropractic analyze your spine to locate vertebral subluxations, a serious condition that causes spine & nerve stress and impairs your immune function. Over a hundred years of Chiropractic and osteopathic observations have demonstrated spinal care’s effect on immune function. Psychoneuroimmunology (PNI) is increasingly revealing that the health of your brain, spinal cord and nerves profoundly influences your physical and emotional health, something Chiropractors and their patients have observed for over a hundred years.

Your body wisdom, your inner healer, is always working to balance your chemistry, strengthen your systems and awaken your connection to life.

See your Chiropractor on a periodic basis to correct your subluxations. Your immune system will function closer to its optimum level so you may fight disease, prevent illness and function at your best!

Need A Massage?

At Wilson Family Chiropractic we feel that Chiropractic Care and Massage Therapy are very complimentary.



60-minute massage... \$60

Sue “Susie” Larreau is our licensed massage therapist. She offers different types of massage therapy, ranging from deep tissue, Ashiatsu, to Swedish Massage. She has been practicing for over ten years and loves what she does. Susie says massage is work of the heart.

Has This Happened to you? Many life events & habits have the potential to cause harm to our bodies, include spinal misalignments. It is a good idea to consult with your chiropractor if you have been affected by any of these common causes:

1. Using same body position or movement repetitively
2. Poor Posture
3. Improper sleep position
4. Slip or fall
5. Sports Injury
6. Motor vehicle accident resulting in whiplash, shock or injury
7. Difficult delivery of a baby
8. Emotional stress, trauma, depression, illness or anxiety
9. Lack of physical exercise
10. Improper lifting of heavy loads
11. Lack of sufficient sleep
12. Excessive workload & exhaustion

Accepting New Patients

Wilson Family Chiropractic

Dr. Katie Wilson

“Dr. Katie & her family are proud to serve your community.”

Caring for Patients of All Ages
Complete X-Ray Services
Most Insurance Accepted
Complimentary Initial Consultation

Gentle, Thorough Chiropractic Care:
Headaches/Migraines • Neck & Back Pain
Ear Infections • Allergies • Hip & Leg Pain
Asthma • Auto Accidents • Sports • Pregnancy

587-CARE (2273)
286 E. Main, Suite 4, Sylva, NC
(behind Zaxby's)

My Baby Has No More Reflux

We brought Shelby to Family Chiropractic when she was 7 1/2 months of age. Shelby was a “reflux” baby-MAJOR “reflux” baby! Her spitting up was not only causing worry and anxiety about her health, but it was also causing a great deal of frustration with constantly cleaning up after her. We were so self-conscious that she might spit up at any time that she constantly wore a bib and rarely did we let people hold her-we were fearful that she would spit up on them (spit up 1/2 bottle not just a little bit).

Prior to chiropractic care Shelby was taking Reglan 5 times a day with meals and baby zantac 2 times per day (AM & PM). Shelby is not taking any medication.

At first we were a little anxious about bringing our baby to a chiropractor. My husband and I had been to one before, but never our children. Even though I had been to one before, it was for a specific reason. I always felt tense about going and stopped after my injury healed.

My knowledge of chiropractic care has definitely improved and my whole family now comes on a regular basis and we all feel very comfortable at our visits.

Shelby's health has definitely improved. Since we started with chiropractic care, her turn around results seem like night and day. She's happy and puts on weight and doesn't spit up much at all. My health has also improved. My headaches are getting better, however, I really think my health is improving because my child's health has improved. I no longer have to about worry about the health and growth of my baby!

Thank You
- Amy Suggs