

RISING SUN CHIROPRACTIC
+ WEIGHT LOSS



HEADACHE

RELIEF GUIDE

COMMON CAUSES
NUTRITION
NUTRITION COUPON
STRETCHES
ADDITIONAL RESOURCES

Headaches and migraines are common, but they are not normal and should not be accepted as such. There are several factors that cause headaches and migraines. Luckily there are a variety of resources available to limit the frequency and intensity of this inconvenient, and in some cases, debilitating pain.

Most likely triggers of headaches range from using the wrong pillow at night to poor posture during screen time. Other triggers include straining the neck when carrying heavy items like a full laundry basket, or activities that require the neck to be in a forward-bent position like cleaning, cooking, or writing. While these issues usually need a simple fix, there are more complicated triggers of headaches and migraines that require more investigation to treat. For example, food sensitivities, stress, inflammation, and hormonal imbalances are less conspicuous contributors to headaches.

Common Causes





Nutrition

Nutrition is an underutilized resource when it comes to reducing the pain and frequency of headaches and migraines. We recommend the NutriDyn products below based on the exceptional quality, potency, and integrity of ingredients.

MIGRA EZE

More than 15% of the world's population suffer from migraines, often starting in the teenage years and worsening with age. The powerful combination of ingredients in Migra Eze promote cranial vascular health. Migra Eze also supports healthy inflammation and neurotransmitter balance in the brain.

HERBAL EZE

Herbal Eze is formulated from highly-potent extracts consisting of ginger root, turmeric root, Boswellia gum, and black pepper fruit. These extracts work together to support immune function, ease stress, assist minor joint disfunction, and promote several other health benefits.



Nutrition Coupon

Save 10% on your choice of headache relief nutrition! Only available in the clinic and must mention the headache relief guide for savings. Offer can not be combined with other discounts.

Rising Sun Chiropractic + Weight Loss
1520 South Minnesota Avenue
Saint Peter, MN 56082
507-934-3333

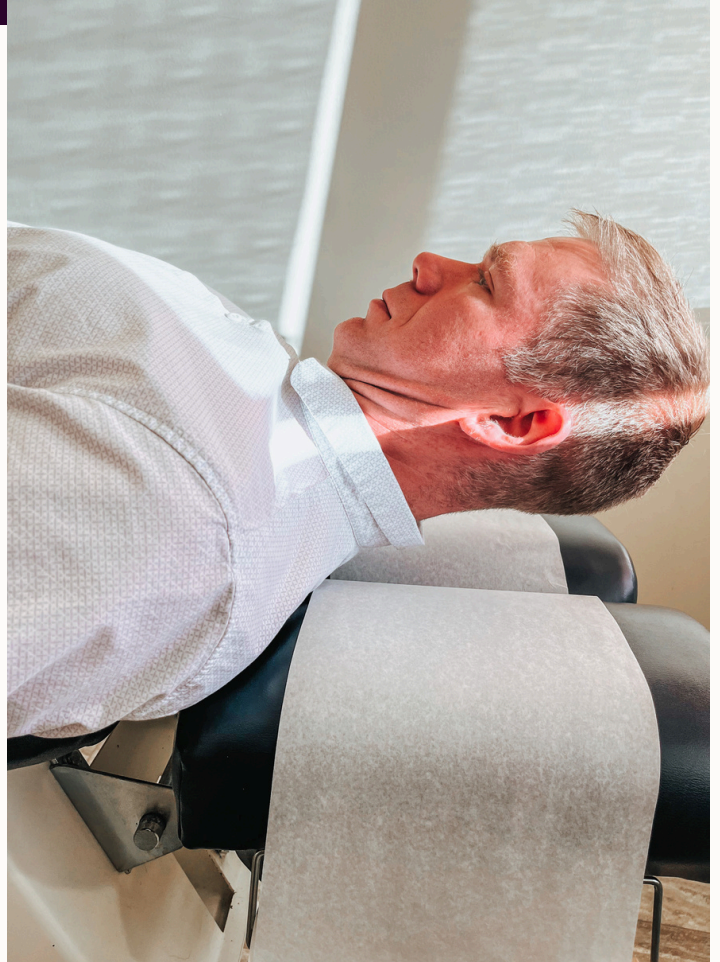
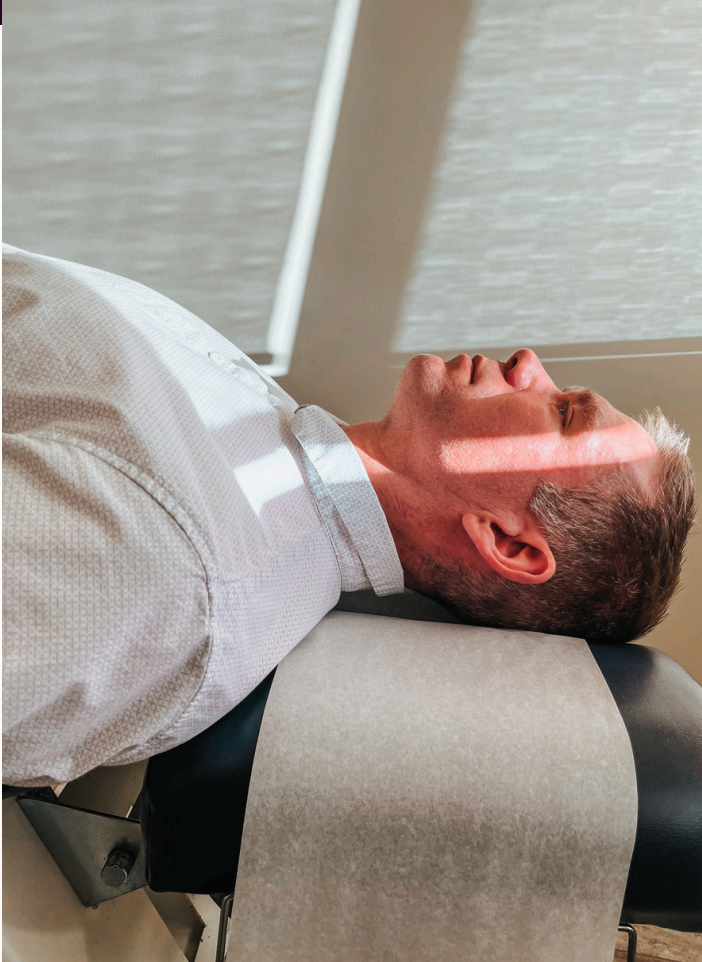
Clinic hours
Monday – Thursday 8-1, 2-5
Friday 8-12

Bruegger's Stretch



- Stand with feet hip width apart
- Drop hands to sides with outstretched arms
- Turn hands with palms outward and reach finger tips towards the floor while pulling shoulder blades back
- Keep eyes straight ahead and pull head straight back, creating a "double chin"
- Hold this position and take deep belly breaths for 10 seconds
- Repeat every 1-2 hrs throughout the day

Chin Retractions



- Lay flat on back and tuck chin toward chest
- Gently lift head 1-2 inches off of the floor or bed
- Keep chin tucked and hold for 10 seconds then relax
- Repeat for 3 reps (If you cannot keep your chin tucked for the entire 10 seconds, reduce to 5 seconds and work up to 10)
- Repeat 3 times per day and try to increase the lift and hold up to 30 seconds



DEEP TISSUE LASER THERAPY

Therapeutic laser treatments use the power of light to assist the body in its natural healing process. The service repairs tissue as well as reduces pain and inflammation. The Class IV Deep Tissue Laser is the most powerful and effective of its kind in Southern Minnesota. Sessions are comfortable, relaxing, and one of the most popular services at Rising Sun Chiropractic. Schedule an appointment today!

CHIROPRACTIC CARE

The most common types of headaches respond very well to the treatment techniques at Rising Sun Chiropractic. A thorough, customized examination reveals where the headaches stem from, and what changes need to be made to experience relief. Successful cases involve a combination of chiropractic adjustments, soft tissue therapy, deep tissue laser therapy, and at-home exercises. Schedule your chiropractic appointment today by calling 507-934-3333.

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Additional Resources