



Freedom from Headaches and Migraine

giving you the freedom to do what matters

Chiropractic
Counselling
Naturopathy
Nutrition
Personal training
Rehabilitation exercise
Relaxation
Weight loss
1-2-1 gym work

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Disclaimer This booklet is intended to give you some first aid ideas for managing back pain until you can get an expert diagnosis and advice on treatment from a chiropractor or your own GP. We have found these suggestions useful to our clients over many years but if you do not find them helpful please ask for a free consultation or try one of the other tips. It is not possible to recommend specific treatments without a consultation in person. Everyone is unique, we have had different injuries and have different bodies. We respect this uniqueness and adapt our treatments to your needs.

The Freedom from Headaches and Migraine Programme

Steven Rudd

Doctor of chiropractic and naturopath

*The Doctor of the future
Will give no medicine
But will interest his patients
In the care of the human
frame, in diet, and in the
Cause and prevention of disease.*

Thomas Edison

Dedicated to my patients past present and future.

About the author

Steven Rudd ND MRN CCEP Cert. AK, Advanced Cert. SOT DC FRCC. UK State Chiropractic Register 00109



Steven Rudd graduated from the prestigious Anglo-European College of Chiropractic in 1984 as a Doctor of Chiropractic, and from the British College of Osteopathic Medicine with a Naturopathic Diploma in 1995. He holds post-graduate certificates in Applied Kinesiology, Sacro-occipital Technique, Extremity Manipulation, Manipulative Therapy, Cranial Osteopathy and Family Constellations.

Steve is a State Registered Chiropractor www.gcc-uk.org, a Member of the British Chiropractic Association, www.chiropractic-uk.co.uk, a Fellow of the Royal College of Chiropractors www.colchiro.org.uk, a Member of the British Naturopathic Association www.gcrn.org.uk, The International College of Applied Kinesiology, the Sacro-occipital research organisation and the Cyprus Association of Alternative Therapists. He is listed in Marquis Who's Who in the World for making an outstanding contribution to his field.

All UK Chiropractors must be state registered with the General Chiropractic Council. To register they will have trained for 4-5 years full time with extensive training in anatomy, physiology and biomechanics with a particular emphasis on the musculoskeletal system and the nervous system.

Steven Rudd is especially keen to see people who have longstanding or complex health problems that have not responded to other treatments or practitioners. He brings his wide range of post-graduate and specialist treatments and 40 years in healthcare together in his work.

Steve has lectured in the UK and abroad about holistic approaches to health, applied kinesiology, chiropractic, yoga asana therapy (which he developed) and cranial treatments.

His hobbies include trail and marathon running, whole food plant-based nutrition and yoga. In 2018 he ran the London marathon and raised over £3000 for the NSPCC.

Your top Tips to help manage headaches and migraine

1. Ice pack

Do not use heat!

Apply ice or an ice pack wrapped in a thin towel over the painful area or over the neck muscles, for 5-10 minutes hourly. If you get a headache in the future apply ice, or a cold gel pack, while lying or sitting in a comfortable position. You can see sporting professionals who get injured on the field having ice applied before they are carried off. It can be very helpful to prevent inflammation starting and reducing it once it is established; the sooner it is applied the better. 71% of participants in a study investigating cold to relieve headache said they would use it again. [Postgrad Med.](#) 1986 Jan;79(1):305-9

2. Sleeping position

Disturbed sleep can make matters worse. Poor sleep can actually be a trigger for headaches and migraines ([J Pain Res.](#) 2018; 11: 1255–1261)

Try to find the sleeping position which gives you maximum relief. For example if you prefer to sleep on your back then try putting a pillow under your knees to reduce back strain. Especially do not lie face down, it strains the neck badly. It is preferable to sleep laying on the pain-free side if possible with a pillow between the knees. The pillow reduces rotation in the spine and can be more comfortable than without. Changing your mattress regularly is important too, some last longer than others but most should be changed every 5 years. The NHS report that sleeping in (more than 8 hours) at the weekend can trigger a headache; this is to do with the tension of the work-week ending resulting in constriction and then dilation of blood vessels triggering a headache. To avoid this they say it is good to schedule relaxing activities during the week such as gentle exercise.

3. Gentle exercise Therapeutic exercise has been shown to be beneficial for tension type headaches and migraine. ([Rev Neurol](#). 2013 Nov 16;57(10):433-43). Further randomised studies are recommended in the article but they report that exercise seems to reduce the level of the pain and time it lasts.

4. Posture

Your head is heavy. Balancing your head on top of a well-balanced posture rather than holding your head forwards will reduce strain in the neck muscles. Aim to not stay in one position for too long. Get up and move about every hour. If you work on the telephone a lot try a headset to reduce neck tension. The diagram below shows some posture tips. While sitting at a desk have your knees level or lower than your hips, either use armrests or the table to rest the weight of your forearms on. If lifting, bend your knees and keep your back as straight as you can. When driving, adjust the lumbar support (or use a cushion) so you can feel the support in your lower back. Cars with more upright seats tend to be better for people with back problems. Automatic cars too have their advantages if you suffer with leg or back pain.



5. Avoid .

The NHS recommend avoiding getting angry because it causes the muscles in your neck and scalp to tense causing tension headaches. Anger control is the subject of Betty Rudd's PhD latest 2019 educational game. Link here: [Anger Control Cards | Loggerhead Publishing](#)

Strong smells effect some people, household cleaners and perfumes. If you are affected get some fresh air and keep windows open. Grinding your teeth at night? See your dentist to see if a mouth guard would help you. Bright lights? Modern light fluorescent fittings often flicker which can induce migraine. Try wearing polarised sunglasses to reduce glare. Change your lighting if possible. Foods – see diet below.

6. Diet

Dr. Fred Tabung, a visiting researcher with the Department of Nutrition at Harvard's T.H. Chan School of Public Health says that a lot of chronic pain is the result of chronic inflammation, and the evidence is quite strong that your diet can contribute to increased systemic inflammation. He continues to say that diet is also one of the best ways to reduce inflammation. (July 2018) Dr Tabung recommends lots of fresh vegetables and high omega three foods.

Water: Muscles are mostly water, muscle pains or cramp may be partially caused by dehydration. Drink 1 -2 litres daily. See the book *Your Body's Many Cries for Water* by Dr Bhatmanghelidj for an interesting insight into our water requirements

Avoid: Caffeine as it causes dehydration and excites nerves so it is the opposite of a painkiller. Caffeine and chocolate both are associated with triggering migraine as is monosodium glutamate, the food flavour enhancer. ([J Pain Res.](#) 2018; 11: 1255–1261) Other foods may also cause problems for some people. A food diary logging what you eat and when you get a headache or migraine can be used to identify what foods cause your problem, if they do.

Avoid: Sugars and refined (white) carbohydrates as they excite the adrenal glands which in turn relax the ligaments and tense muscles causing pain

7. Stress rest and relaxation

Many people report that stress either caused their symptoms or made them worse. I think we can all relate to getting tense muscles when we are anxious or angry. Stress and strain potentially accumulate from all areas of life including your work environment, family, relationships, grief, self-esteem, anxiety, depression, having no relaxation or rest time and not getting regular exercise. Ultimately exhaustion is the result and this causes a host of painful physical symptoms let alone just feeling stressed. The science of psycho-neuro-immunology shows that the body and mind affect each other. For example *The Second Brain* by Professor Gershon states how gut health affects our mental state. *The Body Remembers* by Babette Rothschild conversely looks at ongoing physical symptoms that can be caused by emotional trauma years previously.

There are several techniques we use to help you individually or in a small group if you think that stress plays a role in the cause of your problems. These techniques can help achieve a relaxed state mentally and physically.

On our website under Articles is an essay titled *Can emotional stress cause back pain?* This article goes through the physiology of how stress affects us. We can give you a printed copy in the clinic if you wish.

We offer relaxation classes in the clinic over 6 sessions in a small group or 1-2-1. Other people prefer a more active way to induce relaxation such as exercising, so if that appeals to you and you are fit enough to exercise then please see a personal trainer to help you decide on the best exercise plan for you. Relaxation or releasing stress can speed up getting well whatever the problem but if you have chronic pain or other longstanding health problems learning to relax may be vital to breaking the cycle.

Mindfulness

One technique that is popular currently is mindfulness. Essentially this means being in the moment. Not thinking about the past or the future but putting all your attention on the here and now. You could try this: When you go out for a walk really listen to the sounds, smell the air, look at the different colours all around you, feel the heat or the cold, simply pay attention to all your immediate sensations. Another related

technique is to follow your breath, as you breathe in say to yourself 'I am breathing in' and as you breathe out say to yourself 'I am breathing out' while observing your breath as it does just that. See how long you can do this for; most people have difficulty maintaining concentration for more than a few breaths, aim for 5 minutes mindful attention in these exercises to begin with and extend it to 15 minutes as you are able.

In summary stress causes pain, and pain causes stress, so make sure that you make an effort to relax daily once or twice for 15 minutes, take time for yourself.

Do something that makes you happy. Watch a funny film, laughter helps healing by boosting pain killing endorphins! You could even take a siesta after lunch.

8. Chiropractic manipulation

In 2011 in the JMPT ([J Manipulative Physiol Ther.](#) 2011 Jun;34(5):274-89. doi: 10.1016/j.jmpt.2011.04.008.) an article concluded that chiropractic care including manipulation improves migraine and cervicogenic headaches.

If you have not yet had a chiropractic consultation call now to arrange an interview to see if chiropractic can help you or to book your first treatment. Our clinics in Haywards Heath and Nutley (near Uckfield) would love to welcome you but if you are out of our area do feel free to ask us to recommend a British Chiropractic association chiropractor near you.

Chiropractic manipulation, mobilisation or soft tissue work can be useful for:

- Migraine and cervicogenic headache
- Acute and chronic back pain
- Some extremity joint conditions such as knee, foot, wrist or hip problems
- Thoracic manipulation/mobilization for acute/subacute neck pain
- Many types of shoulder problems
- Naturopathy gives extra insights that may be useful for people with pain where the cause is stress or nutrition related.

Do I need to see my GP?

Occasional headaches are common, and usually require no medical attention. However, the Mayo clinic recommend that you consult your G.P. if:

- You usually have two or more headaches a week
- You take a pain reliever for your headaches most days
- You need more than the recommended dose of over-the-counter pain remedies to relieve your headaches
- Your headache pattern changes or your headaches worsen
- Your headaches are disabling

Seek prompt medical care if your headache:

- Is sudden and severe
- Accompanies a fever, stiff neck, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- Follows a head injury
- Gets worse despite rest and pain medication

Our Contact details

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