

MIGRAINE & HEADACHE AWARENESS

Difference in Headaches and Migraines by Lorena Garcia

Neuro ATP-20%*

Neuro ATP is a sublingual liquid designed to help with immediate relief of a headache. It can also help with focus and clarity along with making one feel energized and alert.

Hydration IV

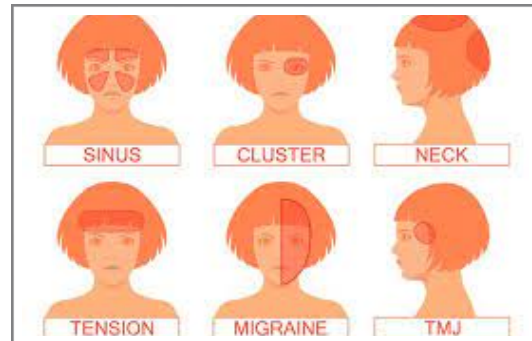
The hydration IV is beneficial for many reasons. I've personally had it administered for quick hydration due to a nagging migraine. It is great in helping with muscle cramps. It can help the body with detoxification as dehydration does not allow the body to flush toxins which can then lead to constipation.

CBD 1000mg Drops

Our CBD can help with sleep and stress. Ironically lack of sleep and too much stress can cause a headache. It helps with neurological inflammation which is what causes headaches. You can choose unflavored, orange or our famous peppermint.

I'll take a headache any day, I sound crazy?

So many of us have experienced some sort of headache. All



we know at that time is that our head hurts not knowing there is more to it. What type of headache is it and what may be causing it? The chart above shows some, not all different types. Tension headaches usually relate to stress. Sinus headaches are associated with people who suffer from seasonal allergies or low grade fungal infections especially if all year long. Both Sinus and Cluster headaches happen mainly during the spring months. TMJ headache would be happening with those of us clench our jaw or grind our teeth (stress). It also happens when our jaw clicks or pops due to the cushion disk being out of place. Then we come to a Migraine. This is a completely different type of pain. Nobody can understand and differentiate the two unless you have experienced a migraine yourself.

I myself have suffered from migraines for years. I have taken dozens of different types of medications over the counter and prescription to alleviate the pain and most to no avail. I have taken pills, liquid, nasal spray, roller, injections and the list goes on.

The only way I can describe my migraine pain is like this: left temple, deep behind my eye pulsing pressure, throbbing, constant and debilitating. I have had a migraine for 10 days straight. It also comes with light sensitivity, nausea and vomiting. Many

From Dr. Despotides



Office Announcements

Dr. Archambault will be out of the office from June 13-June 20th. He will not be answering messages during this time. A staff member will.

Due to the high volume of messages coming in there will be a change to the portal messaging system we have in place. We will keep you informed.

We welcome Samantha Hernandez to our WVNC team.

NP Thyroid has issued a recall on certain lot numbers. Not all lots are part of this recall. Ask your pharmacy if yours was part of the affected ones.

We thank Dr. Vose for his time at WVNC. His last day was May 28, 2021.

factors can cause a migraine. Although they may run in your family it doesn't stop there. To name a few, lack of sleep, skipping meals, dehydration, hormones and some foods. I am guilty of failing to do most of them, ok all of them. Having these for more than three days is not normal and you should contact your doctor. Im assuming you would be calling our office correct? This is only my personal case with migraines, there are many out there. Did you know 40 million Americans suffer from them including 28 million women? Women are 3 times more likely to suffer from migraines. Our luck right ladies? (Eye roll not visible)

My migraines have been better with acupuncture, yes many tiny needles on my head. Courtesy of Dr. Bianca Despotides. I also make sure to hydrate with our electrolytes and last but not least, I try to get as much sleep as I can. If and when I don't, I have noticed I get a headache. After suffering from migraines, I will take a H/A any day.

From Dr. Archambault

People can experience headaches and more specifically migraine headaches for several different reasons, these are the most common ones that I have seen in practice over the years.

Tension headaches tend to localized to the neck and shoulders and will radiate up the back of the head. These can be from our old friend stress, due to physical trauma to the neck and body such as a whiplash injury resulting in bulging discs or needing an adjustment. Dehydration will exacerbate muscle tension making all of the above worse.

Detox headaches can create more of a generalized head pain and can be the cause of migraines as well. This can be due to environmental toxins (pesticides, air pollution, material off-gasing), food toxins (including food sensitivities), drug (including prescription drugs) and alcohol.

Hormonal imbalances can also be a major source of headaches and migraines. When women are running estrogen dominant (largely due to stress) and the liver cannot clear the extra hormones it can result in more PMS symptoms including headaches. Thyroid imbalances can also be a significant reason for persistent headaches.

