

Visit Miller Chiropractic Health Center In Attleboro For Headache Pain Relief

Written by Australian Business

ATTLEBORO, MA, October 10, 2013 **/24-7PressRelease/** -- Most people will experience a headache at one time or another, but for millions of people headaches are more than just an occasional annoyance. For the 10 percent of Americans that have migraines-a type of headache that produces a sever, throbbing pain on one or both sides of the head and is often accompanied by nausea, dizziness, sensitivity to light and sound, and visual disturbances-they can be disruptive and debilitating.

At Miller Chiropractic Health Center, Dr. Jason Miller offers patients in Attleboro headache pain relief. Current research suggests that patients who suffer from frequent, recurring headaches can benefit from long-term chiropractic care rather than drug therapy alone. For tension headaches in Attleboro that originate in the neck, spinal manipulation has been shown to provide relief fro patients.

"Most people get headaches now and then, while some get them more than others. Visiting my office for headache relief is a safe and effective way to treat headaches without medication. I encourage all of my patients to visit my office for further consultation and treatment planning so that headaches don't continue to run their daily schedule," said Dr. Jason Miller, an Attleboro, MA chiropractor at Miller Chiropractic Health Center.

If stress becomes constant in a person's life, that muscle tension seems to become just another habit. This can lead to imbalances in the body, which then leads to more muscle tension and pain. With chiropractic care from Miller Chiropractic Health Center, a person's tight muscles will relax and realign the spine underneath to end this pain cycle. Those that are seeking treatment for tension headaches may often see a drastic improvement with just a few spinal adjustments as the nerves become less irritated and the muscles are more relaxed.

Dr. Jason Miller, an Attleboro and Seekonk, MA chiropractor, may do one or more of the following if you suffer from a primary headache: Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on a patient's system; Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins; Offer advice on posture, ergonomics, exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.

"Chiropractic treatment may play a significant role in reducing the number of migraines a person has. By careful manipulation of the neck and spine, chiropractic adjustments may be able to reduce irritation in the spine, preventing radiating or referred pain, and improving vascular flow," said Dr. Miller about patients in Attleboro and Seekonk with headaches.

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Chiropractic treatment centers around the idea of manipulating the spinal column and neck to improve posture and blood flow. By contacting Dr. Jason Miller, a chiropractor serving Seekonk, MA, patients can gain further information on how chiropractic care can relieve their headache pain.

About Miller Chiropractic Health Center: Dr. Jason Miller is the owner and president of Miller Chiropractic Health Center, Inc. He is a certified Doctor of Chiropractic and is licensed by both the Massachusetts Board of Chiropractors and Rhode Island Department of Health. Dr. Miller received his Bachelors degree from the University of Hartford in Connecticut, and then went on to complete his chiropractic education at New York Chiropractic College. After completing his education, Dr. Miller returned to New England to begin his career in practice in Southeastern Massachusetts in the Attleboro and Seekonk area.

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