

# TOP 6 CAUSES OF HEADACHES

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2021

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## LACK OF SLEEP

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It is recommend that we get approximately 7-8 hours sleep a night, whilst at times it is difficult to achieved this number. This ensures your body has had the ample rest and can recover from the day before. Avoid using technological devices an hour before bed which may stop you from falling asleep.



## EXCESSIVE CONSUMPTION OF CAFFEINE

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Whether its tea or coffee more often than or not these caffeinated beverages provide energy for us to function throughout the day. However, if your consuming more than 3 cups a day this may be contributing to your headache. Try to replace your drinks with zero caffeine drinks such as green tea or other herbal alternatives.



# DEHYDRATION

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Our bodies are 70% water this further stresses the importance of taking a regular sip of water throughout the day, if you do consume caffeine regularly make sure you are balancing this out by drinking plenty water. If you are unsure if you are dehydrated, next time you use the toilet, have a quick glance at your urine and if it appears very yellow then you need to increase your water intake.



# COMPUTER SCREENS

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It is very easy to get caught up in your work once you've started. You can find yourself staring at a screen for hours without realising. The problem with this is it can increase strain on your eyes, which ultimately can cause a headache. It is important to take regular breaks throughout, you can simply rest your eyes and keep them closed for a few minutes. Your eyes will automatically feel more refreshed.



# NECK MUSCLE TENSION

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We currently live in a technological age where everything is available to us at a touch of a button. The problem with this is we are now finding ourselves hunched over, more than sitting or standing upright. This can then in turn put extra strain on the muscles that support your neck. The muscle that allows you to navigate the movement of your head, attached onto the bottom of your head and then onto your upper back/shoulders; as these get tighter it can cause a tension or a pressure type feeling. Regular stretching can help to reduce some of this tension and relax the muscles.



# UNBALANCED DIET

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Processed foods such as chocolates, or biscuits contain refined sugar which can cause a spike in your blood sugar levels, these sudden fluctuations cause tiredness and headaches. By eating complex foods such as fresh fruits and whole grain snacks, these can help maintain your blood sugar levels releasing energy slowly throughout the day.

