

# Where Do Headaches Come From

“All headaches have a common anatomy and physiology” according to a 1995 research article reviewed by Dr. Dan Murphy, you can read the full review here at <http://chiropracticbiophysics.blogspot.com/2008/11/headaches.html>

There is a place in your brain, called the trigeminocervical nucleus, which is in the brain stem. This is a place in your brain that receives all pain sensation from your head, neck and face.

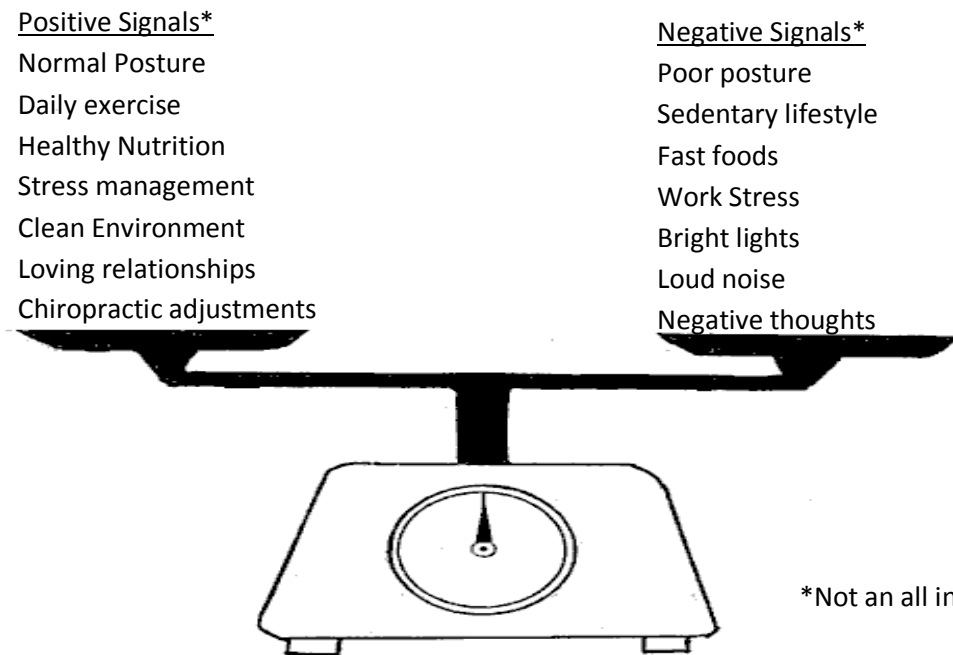
Therefore any stimulation of a painful origin in these areas of your body has the potential to cause a headache.

The trigeminocervical nucleus receives sensory signals from the following sources:

- 1) Cranial Nerve 5 which controls sensations of the face
- 2) Upper 3 cervical nerves supply sensations from the head, neck, and shoulders
- 3) Cranial Nerve 7 signals movement control of the face
- 4) Cranial Nerve 9 contributes from the tongue, tonsils, throat, ear, and sinuses
- 5) Cranial Nerve 10 provides awareness from the mouth, esophagus, heart, lungs, and intestines

**Chiropractic improves headache pain by normalizing movement in the spine which stabilizes the nervous system and allows the body to heal itself.**

Think of it as a scale:



If you or someone you know deals with headaches or other health concerns do you think they may benefit from hearing more information?

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**Ask about how you and your loved ones can benefit from attending a Spinal Work Shop!**