

Pregnancy Headaches

Headaches are a common problem in pregnancy. They can be brought on for several different reasons. They can be due to hunger, a drop in blood sugar, food allergies, or fatigue. Sometimes stress of the mind or stress on the body can cause them as well, and sometimes it may be dysfunction of the neck and spine that trigger the headaches.

Determining the cause is always the first step in treating headaches. It's simple to treat headaches that are caused by hunger, dehydration, or being tired, but it starts to become more difficult when stress plays a part in the headaches. Stress tends to cause muscles to become tight and joints to become stiff, leading to dysfunction typically in the neck and shoulders. These muscles and associated nerves are attached with those in the head and the problem eventually creeps up the spine and results in headaches.

Finding ways to reduce pain from headaches in pregnancy is usually very concerning to mothers. The pain may be unbearable at times, however many are not willing to take medication and risk the safety of their baby. Even if they do decide to take a medication, it is only temporarily removing the pain and does nothing to correct the problem. Inevitably the headache will return and in the long run the baby may be exposed to several doses of medications.

In Singapore, Chiropractic care is widely available and a very effective, conservative treatment for headaches in pregnancy as well as other types of headaches. It is an excellent option especially in pregnancy because the least amount of medication the mother uses, the safer they baby is. When the root of the problem is addressed, healing can begin and medication will no longer be necessary.

After the Chiropractic adjustments typically the intensity of the headache, migraine or head pain will begin to decrease and eventually be eliminated. With most patients, it takes multiple treatments to eliminate the headaches completely. The treatment must train the muscles to relax and the joints to move properly and remove any irritation of the nervous system. Chiropractic adjustments are a very effective to deal with headaches naturally. You can always visit our Chiropractic Clinic at Raffles Place for a further evaluation and treatment. We can limit the adjustments to just your neck area, therefore not to put any pressure on your baby.

Keeping the body free of medications is safer for both the mother and the baby. Chiropractic focuses on correcting the dysfunction to effectively eliminate the pain and prevent reoccurrences. Stay updated with our postings to learn about more ways that chiropractic and help you and your family. If you have any further pain relief or pain management questions, please feel free to contact us at:

Paramount Chiropractic Group Pte.Ltd.

Level 31, Six Battery Road , Singapore 049909

Telephone: +65 6322-8585

E-mail: Info@ParamountChiro.com

[www. ParamountChiro.com](http://www.ParamountChiro.com)