**Chiropractic Cut Migraine Pain by 68%**

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Mainstream medical treatment of migraine headache relies heavily on using pharmaceuticals to manage and control migraine pain. But medications can come with a slew of side effects like nausea, dizziness, vomiting, and even more headaches from medication overuse.

Fortunately natural remedies exist that can ease migraine without the adverse effects of drugs. A 2012 study found that chiropractic adjustments and massage resulted in a 68% reduction in the intensity of migraine headache.
The study included ten male migraine sufferers who were treated with gentle massage, stretching, and chiropractic adjustments of the upper back and neck. Within an hour after receiving an adjustment the average patient reported a reduction in pain scores from a 5 to 0.5. (Pain was rated on a scale of 1 to 10.) No significant side effects were reported.

While further research is needed to fully understand the many causes of migraine, this study adds to [previous research](https://www.chironexus.net/2014/09/chiropractic-cut-migraine-pain-68/2013/01/chiropractic-patients-have-90-reduction-in-migraine-frequency/) indicating the benefits of chiropractic for treating migraine. In addition to using chiropractic adjustments, a doctor of chiropractic can counsel you on ways to prevent migraine through exercise, nutrition, and eliminating headache triggers.

*Reference*
*Jahangiri JN, Vatankhah N, and Baradaran HR. Reduction of Current Migraine Headache Pain Following Neck Massage and Spinal Manipulation. Journal of Therapeutic Massage and Bodywork. 2012; 5(1): 5–13.*