

Alderete Chiropractic

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The Causes of Headaches

Headaches often begin in your spine.

Poor posture or injury can force your spinal vertebrae out of alignment, pressuring nerves and blood vessels.

When nerves send painful signals to surrounding neck muscles, those muscles tighten up and a headache may begin.

Other headache triggers include stress, caffeine, smoking, allergies, alcohol, some diseases, and nutritional deficiencies.

