

7 HABITS OF A HEALTHY HEAD

1 THINK WELL

Identify stress, make a choice. Always think better than what you feel. Affirmations. Visualise.

2 MOVE WELL

Stand in "Power Pose". Stop with pain. Sit aware. Have fun and play.

3 EAT WELL

Stop sugar & Dairy intake. Drink pure water, not from plastic bottles. Supplement with Vitamin C, D and Omega Oils. Make your environment suitable for relaxed eating.

4 STRETCH OFTEN

You can start your day with the Cobra position.
Do Hip openers during the day.
Lift your phone. Keep your head facing forward.

5 ACTIVE APPRECIATION

Reflect often. What am I grateful for now?
Thank yourself. Practice Self love.

6 SLEEP WELL

8 hours of sleep every night on the side or back, pillow between legs, power nap during the day, find your rhythm.

7 CHIROPRACTIC

Headaches are a Signal that the body is not functioning well. If there is a Spinal misalignment, the brain and body are not in good communication which can be the cause.

Support good function of the nervous system by getting checked by a Chiropractor.