

# Solving the puzzle of headaches

By Dr David A. Pierotti

**At last count, there were over 200 causes of headache identified. None of them are caused by deficiency in Nurofen or Panadol. Let's take a look at the most common types and what we can do about them!**



*By far one of the most common problems people present to the clinic with is the symptom of headaches. The variations in quality,*

*location, frequency and cause are marked—however we do see some common patterns.*

Broadly speaking, there are two types of headaches: Primary—those caused by a direct issue with headache being the predominate symptom—including the common tension-type headaches and migraines, and Secondary—those caused from another illness or dysfunction with headache as another symptom—such as those caused by medication effects, illness, trauma or disease.

Headaches are largely misunderstood and mistreated in the western medical paradigm, with the most common treatments being prophylactic 'band-aid' type solutions such as pain killers and anti-inflammatories. While these are certainly useful, they aren't

addressing the root cause. Finding and clearing this root cause is what we are interested in here at PHT.

We primarily follow the *Triad of Health* model. This is one where we visualise the body as being comprised of the three main components of **Structure**, **Biochemistry** and **Emotions**. Using the best knowledge and tools we have, we can most often successfully tunnel down to the foundation of headaches to reveal the cause.

### **The three main cause of headache**

In the majority of cases, it is found that headaches are driven by muscular and joint dysfunction. Luckily we are well equipped to find and fix both of those here at PHT. Dr.'s David and Eric primarily help heal the joints through adjustments of the spine, cranium and extremities. Concurrent with or independent to the muscle and joints are the organ-type issues. These structural visceral issues are also a key focus of Eric and David. And our lovely massage girls Lynda and Franca are the expert muscular healers.

Secondly, the body's chemistry is a key driver of many types of headaches. Our modern diet, deficient soils and stressed lifestyles can lead to digestive disorder (e.g. fungus, parasite, reflux), hormone disruptions (estrogen, testosterone, thyroid), neurochemical imbalance (serotonin, dopamine etc), and systemic inflammation. Again, the focus Dr's David and Eric will have is to find the key factor involved in the biochemical disruption and seek to correct it naturally.

The only true way to correct a toxicity is to augment the body's ability to remove it. Likewise the only true way to correct a deficiency is to give the correct form of the missing nutrient.

Drugs don't achieve this, they don't even come close. They block, disrupt and mask symptoms and processes.

The third component—the emotional—can be diagnosed and healed through a vast array of techniques. The biggest challenge for most people is actually identifying the underlying block that is producing the symptom of headache in the first place. When you have the knowledge of the problem often the solution becomes self-evident. If not, there are some quick and easy things we can do to speed up this process. Dr David utilises various tools to help you make this shift.

### **Easy tools you can use to solve your headache**

For a suspected **structural headache**: Feel around the muscles of the neck and shoulders for areas of tightness and tenderness. Gently move your head from side to side and see if there are any restrictions. Gently press on and stretch the tight and tender areas. Be guided by the feedback in your body as how long to hold the stretch and how hard to push the muscles.

For a suspected **chemical headache**: Ensure proper hydration. Take a look at your diet and see if there are any links or patterns to certain over or under quantities of foods or nutrients. Consider your bowel habits, digestive habits, energy levels, mood and quality of sleep for any clues to a problem in your biochemistry.

For a suspected **emotional/stressful headache**: Take a moment and identify the most pressing issue in your life. Is it in your job, relationship, finances, body, social life, spirituality etc? See if you can define the issue clearly. Decide what can be done about it. Decide how if the worst was to happen, or has already happened, where is the benefit?

Most issues require the combination of your own intuition of body & mind and the help of a skilled practitioner. If you are suffering any kind of headache, please seek the help of one of our qualified and compassionate practitioners.

*Dr David Pierotti*

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