

## **Getting Rid of Headaches and Neck Pain**

When you have a headache or neck pain – the brain's management of the body is disrupted.



When constant neck pain and or headaches develop, we don't care about the reason, we just want the pain to disappear so we can function at work, studying, and get back to our lives again.

We want to sleep better at night without suffering from pain, chronic fatigue or moodiness during the day, things that upset our lives. Often headaches and neck pain result from subluxation and instability of the cervical vertebrae, causing pressure on the disks and nerves and all the tissue between the brain and the body via the neck. The neck serves as the body's communication center and pressure on it interferes with the transfer of information from brain to the body and from the body to the brain.

In practical terms, interferes with the brain's ability to correctly manage the body causing headaches and neck pain to develop, and reduced activity and competence of the immune system to prevent development of chronic illness.



When we notice the indicative signs in our body such as instability, the brain is also aware of them and it locates the subluxation in the vertebrae in real time. Our important role is to pay attention and ensure that the brain can proceed naturally to reverse the process quickly and relieve the pressure without exerting any force, and without external intervention, by removing and relieving stress.

This way, the brain can restore mobility and stability to the vertebrae to ensure proper functionality of the spine and the nervous system, reducing and preventing illness and pain.



Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at [info@respine4u.com](mailto:info@respine4u.com)

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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