



Seasonal Headaches are a common condition that affects many people.

The onset of autumn and winter can be a nightmare for those who suffer from migraines. This is because many people experience a change in their sleep cycles, diet, and exercise routine due to the change in seasons.

There are a few different ways to help alleviate these headaches. The most important thing is to pay attention to your diet and exercise habits. It is also important to make sure you are getting enough sleep and that your sleep cycles don't change too much during the year.

Diet is one of the most important factors in maintaining a healthy lifestyle. Sometimes when the seasons change so does our diet, this can include eating too much of a particular food group or something that we maybe allergic too. Drinking less water can also be a factor.



Exercise is a great way to boost mood and increase serotonin levels in the brain. Exercise also helps people focus and clear their head. Exercise can be used in the treatment of several pain conditions, including headaches & migraines. Always consult with your healthcare provider first.



The cold weather and shorter days can have a negative impact on our sleep patterns. The lack of sunlight in winter can affect our circadian rhythm, which is what regulates our sleep-wake cycle. Keeping a consistent sleep cycle can improve your health in many ways.



Headaches & migraines can also be a sign of something serious or life threatening, this is why it is so important to consult with your healthcare provider if you suffer from regular headaches or migraines.

If you are suffering from headaches or migraines and would like to schedule an appointment, please give us a call.

It's never too late to prioritize your health—schedule a check-up today and take the first step toward better health!



Schedule an in-office OR virtual visit with your local clinic!

COLUSA

412 4th St.
Colusa, CA 95932
(707) 732-8679

CHICO

1074 East Ave. Suite Q
Chico, CA 95926
(707) 732-8679

SALINAS

333 Abbott St. Suite A
Salinas, CA 93901
(831) 206-1201

[Schedule Appointment](#)

[Schedule Appointment](#)

[Schedule Appointment](#)

SANTA MARIA

2605 S. Miller St. #100
Santa Maria, CA 93455
(805) 888-7019

VIRTUAL VISITS



VISALIA

315 S. Johnson St.
Visalia, CA 93291
(559) 713-0422

[Schedule Appointment](#)

[Schedule Appointment](#)

[Schedule Appointment](#)

TURLOCK

1080 Delbon Ave, Turlock, CA 95382

(209) 633-7402

[Schedule Appointment](#)



Elite Corporate Medical Services, Inc.

319 N. Church St. Visalia, CA 93291

Phone: (559) 733-7772

www.elitecorpmed.com

Other services available to you for FREE!



WEIGHT & HEALTH CLINIC
Provided by: Elite Medical

[View Our Program](#)

***Wellness Coaching and Chronic
Condition Management***

**In person, phone, or video call
appointments available.**

Give us a call for more information
on the services we offer.

559-5 HEALTH (559-543-2584)

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this message.