

NATURAL REMEDIES FOR REALLY BAD **HEADACHES**



**RELIEVING CHRONIC MIGRAINE, TENSION, CLUSTER, HORMONAL, SINUS, ALLERGY
HEADACHES, AND DIZZY SPELLS WITH NATURAL CHIROPRACTIC REMEDIES**



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INTRODUCTION



Headache is the bane of many a person's life, affecting not only sufferers but also those around them. Headache is a broad term, far too broad and non-descriptive to be of help to someone who needs to find out the "why" behind their affliction.

Unfortunately, the simplistic "take 2 aspirin" has for too long been accepted, unquestioned and applied by many headache sufferers. Too many have not determined either the type or causes of their headache, instead habitually treating only the pain symptoms with analgesics.

A great many are unaware of the damage that long-term usage of painkillers can cause. This document gives insight into the main types of headache most people will encounter, their causes, and treatment options. Efforts made to correctly diagnose the type and cause will allow targeted treatments to be chosen. Hopefully this can result in better avoidance of headaches, improved pain management and better long-term health.



DIFFERENT TYPES OF HEADACHES



While any pain emanating from the head is technically “head-ache”, optimum treatment of painful symptoms first requires determining the type of head-ache. This can then hopefully help identify the cause of the headaches, especially if they are

recurring. Preventing the onset of headache, where possible, will always have better outcomes than managing the pain using analgesics. Of course, this is usually easier said than done. There have been approximately 150 different headache categories determined, many of which have similar or overlapping signs or aspects. Certain distinguishing factors are used to accurately diagnose the type of headache being suffered. Although there are many types of headaches, the following are the most common headaches diagnosed today, and the ones that would affect most people:

Chronic Daily Headaches or Tension Headaches

These kinds of headaches are by far the most reported headache. They are more commonly experienced by teenagers and adults, rather than very young children. Tension headaches are characterized by feelings of vice-like pressure, often near the temples. They are often accompanied by muscle contractions in the neck and shoulders that last for a long period. These headaches are also known as chronic non-progressive headaches.

DIFFERENT TYPES OF HEADACHES

Migraines

These headaches are described as a throbbing, pounding, 'brain-piercing' pain that can be moderate to intense. In addition to pain, symptoms may include an upset stomach and nausea, vomiting, dizziness, sensitivity to odor, light and/or noise, pale complexion and blurred vision.



Medical professionals are unsure why some people experience migraines. Preventing migraine incidence mostly involves identifying potential triggers, which are often dietary or environmental. For those who suffer regular attacks, keeping a diary can be beneficial. Reviewing a diary of foods eaten and activities conducted prior to migraines can provide correlations that may help avoid future occurrences. Migraines can be debilitating and last from 4 hours to 3 days. Unfortunately, some people experience them regularly, such as one to four times a month.

Cluster Headaches

These are the most severe type of headaches and are the least common. For those who suffer this type of headache, the pain is excruciating, constant and feels never-ending. Most sufferers cannot lay

DIFFERENT TYPES OF HEADACHES

lay or sit still during an episode, as the pain is so severe. They will usually pace for as long as they can. Often the pain is situated in the eye region or behind one eye. It generally does not change sides. The name originates from the characteristic grouping of attacks. They are described as having multiple migraines at once. Hence, a 'cluster of headaches'.

During a cluster period, these headaches may last from for weeks or months. Most cluster headache sufferers know when their cluster episode is about to begin, as it may occur regularly at the same time every year. During the rest of the year they may only suffer with migraine headaches, but this often quite bearable for a cluster headache sufferer. These headaches may stop occurring or go into remission for years or months; however, they may recur at any time.



Mixed Headache Syndrome

Mixed headache syndrome refers to a combination of tension headaches and migraine. These kinds of headaches can be experienced by both children and adults. They are often called transformed migraines.

DIFFERENT TYPES OF HEADACHES

Sinus Headaches

Symptoms include constant, compressed pain, which is felt in the bridge of the nose, cheekbone region and forehead. Typically, the pain intensifies with changing head movement suddenly or straining. Additional symptoms include: facial swelling, nasal discharge, fever and a sensation of fullness in the ears.

Allergy Headache Reactions

Having a headache reaction after consuming a particular food or beverage, or wearing or being exposed to a certain perfume or cleaning product, may be an indication of some kind of sensitivity. Many work places and public places such as schools, libraries and office buildings have designated themselves as a 'scent free zone' to eliminate potential triggers for the people who are there.



MIGRAINE AND CLUSTER HEADACHES

DIFFERENCE BETWEEN A MIGRAINE AND A CLUSTER HEADACHE

There are many different types of headaches, all with varying symptoms, however this article is going to provide information on the difference between a migraine headache and a cluster headache.

Migraine

The word migraine originates from the Greek word "hemikrania" which translates to "pain on one side of the head," - hemi means half and kranion means skull.



Migraine is considered to be a chronic neurological disorder. Migraines are characterized by moderate to severe headaches that are often associated with numerous autonomic nervous system symptoms. Most often, the headache affects one half of the head, which is termed unilateral. The pain is often described as pulsating and can last anywhere from 2 hours up to 72 hours.

Some of the additional symptoms may include increased sensitivity to light or photophobia, nausea, increased sensitivity to sound and vomiting. Often, the pain is aggravated by any kind of physical activity. Many people need to go and lie in an extremely quiet,

MIGRAINE AND CLUSTER HEADACHES

darkened room until the migraine passes. Any noise can be piercing and cause increased agitation and distress.

Approximately 1/3 of people who have migraine headaches perceive an aura prior to the event. This can be either a motor disturbance, a transient sensory, visual or language disturbance; however, it sends the signal to the sufferer that the headache is coming, and soon.



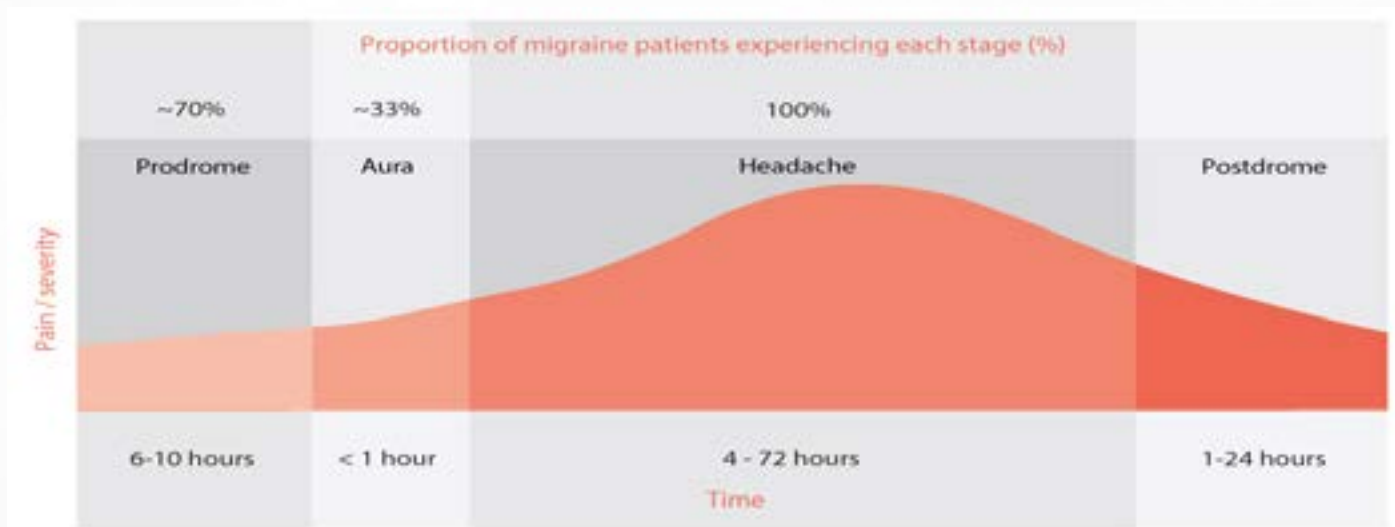
Causes of Migraines

It is believed that a combination of genetic and environmental factors is responsible for migraines; however, fluctuating hormone levels may additionally play a role. Approximated 2/3 of cases run in families. Typically, women are affected more than men. Experts are unsure why migraines occur but they are believed to be a neurovascular disorder.

MIGRAINE AND CLUSTER HEADACHES

The 4 Possible Phases of a Migraine

The Prodrome or precursor phase occurs hours or days prior to the headache. The Aura phase is experienced immediately before the headache occurs. The headache phase or the pain phase is the “ouch part” of the entire episode and the Postdrome refers to the effects experienced following the end of a migraine attack. Not everyone experiences all 4 stages.



Cluster Headache

Cluster headache pain is also described as a one-sided head pain, in the perceived range of severe to extremely severe. It has been described as a steady, sharp, burning pain. Pain may be felt around, in and behind one eye. The eye area can appear very dark during the attack, as though the person has been punched in the eye. Symptoms can also include a stuffy nose and tearing of the eyes.

MIGRAINE AND CLUSTER HEADACHES

The person suffering is in extreme pain and feels as though no matter what they do, they can't get rid of the pain. Recommended methods of alleviating headache pain such as laying down, cold compresses, or sitting in a darkened room seem to give little relief when cluster headache strikes. Attacks may occur on a regular basis anytime from 1 week up to 1 year. Incidences may be separated by symptom free periods lasting for a month and sometimes longer.



Watery eye, drooping eyelid, runny nose

Causes of Cluster Headaches

Cluster headaches are 4 times more likely to be experienced by men than women. These headaches can take place at any age, however, are most commonly experienced during middle age and adolescence. Cluster headaches are described as a chronic headache and are believed to have a genetic basis.

Experts are unsure exactly why cluster headaches occur, however, they seem to be related to the body's sudden release of serotonin or histamine. Some scientists believe the hypothalamus in the brain may be involved.

MIGRAINE AND CLUSTER HEADACHES

Triggers for Cluster Headaches

The following may be triggers for cluster headaches: cigarette smoking and alcohol, high altitudes from flying and trekking, sunlight and other forms of bright light, hot baths, hot weather and heat in general, physical exertion, exposure to nitrates from foods (preserved meats and bacon), and some medications.



SINUS HEADACHES

A sinus headache can occur when the nasal passages become inflamed and irritated. This irritation prevents the nasal passages from draining properly and the result can be a buildup of pressure and congestion. Experiencing a sinus headache can be uncomfortable and painful due to this buildup of pressure. Sinus headaches can be chronic and last an extended period, or acute and last less than 2 weeks.

Symptoms of Sinus Headaches

The signs and symptoms of sinus headaches are usually the pressure and pain felt in the forehead region, above the nose, and between and behind the eyes. These areas may also feel painful to the touch. Other symptoms are nasal stuffiness, fatigue, sore throat, and cough, along with copious nasal discharge. Throbbing facial pain in the sinus regions, bad breath, blocked nose, headaches and fever are what most people claim to be their most common symptoms. Quite often the pain also seems to worsen with actions such as lying down or bending over, as this puts even more pressure on the affected nerves.



SINUS HEADACHES

Causes of Sinus Headaches

Sinus headaches may occur because of seasonal allergies such as pollen, a dental infection, colds and flu, or because of asthma. People who smoke and drink may experience them more frequently compared to those who do not. Rapid atmospheric pressure changes can also be the culprit for many people. Some may experience a sinus headache by being exposed to environmental pollution or even swimming in polluted water.

It is important to take steps to avoid your triggers once you determine what causes your sinus headaches. A great deal of prevention is possible and will save you from experiencing much unnecessary pain and distress.



Don't Self-Diagnose

Many people who believe they are suffering from a sinus headache may actually be dealing with a migraine or tension headache. There are many similar symptoms to these types of headaches. Therefore, it is best to consult with your health care provider to determine exactly what the cause of your headache is.

SINUS HEADACHES

Self-diagnosing and treating the wrong type of headache will prevent you from finding the most effective and speedy relief. It also means that any actions to prevent future headaches may be misdirected and ineffectual. If headaches are severe or protracted, they may be a symptom of something else that requires attention.

Relief for Sinus Headaches

Try to limit your use of decongestant nasal sprays and tablets, as continued use may lead to a rebound effect of inflammation and congestion. If you are going to go with a nasal spray, use a saline solution. Carefully read and follow the usage directions and try not to use it more than 6 times in a 24-hour period. You can also try natural remedies, such as using a Neti pot to cleanse your sinuses, as there are no negative side effects to these types of treatments.

You can also try homeopathic formulations, or try placing a humidifier or vaporizer in your home. These natural solutions may help you find the relief you need from painful sinus headaches, as they work on helping expel the congestion which causes the nerve pain.



WHAT TRIGGERS HEADACHES?

Headaches can occur at any moment, and the triggers for one person can be different to that of someone else. Many people are not aware of what triggers their headaches, but here are just a few you might not have realized can be a problem. If recurring headaches are affecting you, try keeping a diary of foods eaten, products used and actions taken. If you can identify a correlation between your headaches and any event or item, you are on the way to being able to avoid them in the future.

Stress and Anger

Anger can cause the muscles located at the back of your neck and scalp to become tense, and subsequently in some people can trigger the onset of a headache. Stress is another major contributor to headache pain. If you are getting constant headaches, consider the stressors in your life and try to reduce or eliminate them. Headaches brought on by stress or anger are usually a tension headache. If you want to avoid tension headaches, learn to perform deep breathing exercises. Inhale deeply and slowly through your nose and exhale through your mouth until the muscles in your head and neck become relaxed.



WHAT TRIGGERS HEADACHES?

Cleaning Products or Perfumed Products

Many people don't realize that their house cleaning chores can trigger a headache. Their everyday cleaning products may be emitting fumes, and handling these items may bring their skin into contact with toxic substances that can be contributors to headaches.

This may be part of the reason why so many more women than men experience tension headaches. Both men and women are exposed to the highly fragrant scent of soaps, air-fresheners, fabric conditioners, aftershaves and perfumes which can also bring on a headache.

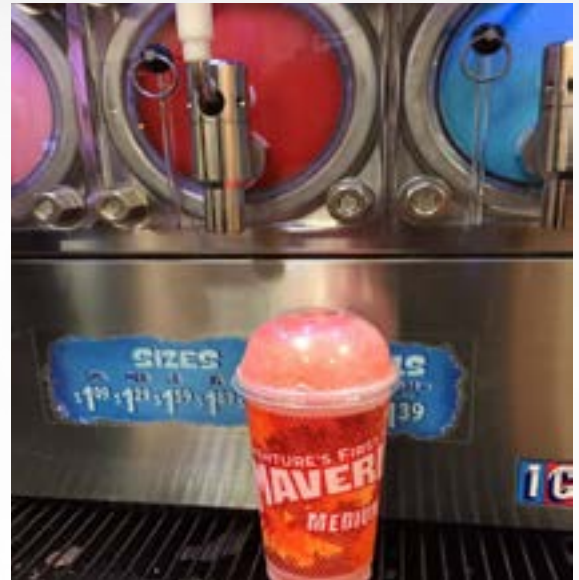
Test your own responses to all these types of products to determine which ones are a problem and then don't use them. You can also lessen your exposure to the effects of some of these products, by making sure the room is well-ventilated and using gloves whenever you use cleaning products that might have a toxic impact.



WHAT TRIGGERS HEADACHES?

Frozen Foods and Beverages

Have you ever heard of a “brain freeze”? This is what people call their ice-cream or icy cold drink headaches. This happens because the coldness of the food or drink touches the roof of the mouth and throat triggering a pain in the forehead. It’s from the coldness touching a particular nerve in your mouth. The correct name for this circumstance is “sphenopalatine ganglioneuralgia” which means “nerve pain of the sphenopalatine ganglion”. This type of headache will often subside quickly. For fast relief, place your tongue to the roof of your mouth as soon as you feel the discomfort. It will often make the “ice-cream headache” go away.

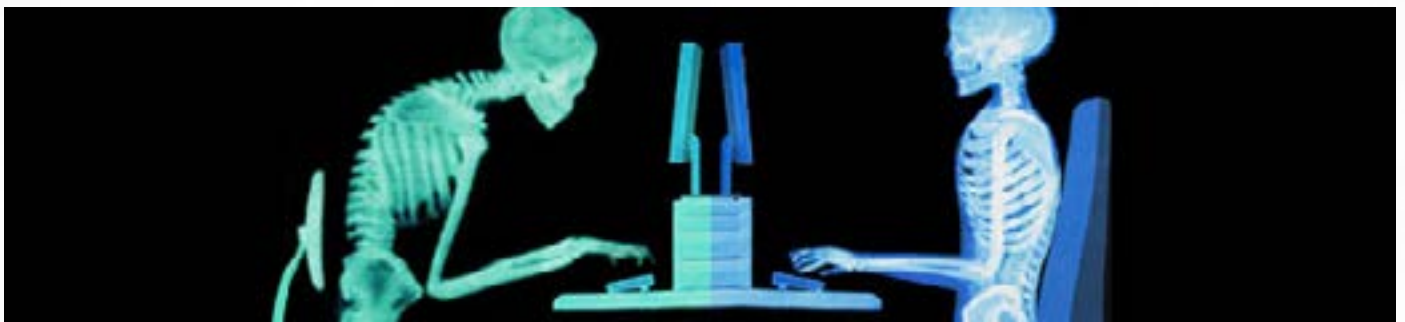


Poor Posture

If you sit at a desk all day, with head and shoulders drooped over a desk, you may experience headaches. You need to make sure you have good posture, whether you stand or sit.

WHAT TRIGGERS HEADACHES?

Poor posture can make the muscles in your shoulders, head and neck become tensed, which will then lead to a throbbing pain at the base of the skull and forehead. So, shoulders back, and let your spine and not your neck muscles carry the weight of your head.



Bruxism - Teeth Grinding

Teeth grinding while sleeping at night is another trigger for headaches. This is because as you grind your teeth your jaw muscles will contract leading to the symptoms of a dull headache. You may consider using a mouth guard at night or consult your dentist for advice.

Medications and Diet

If you are taking medications and getting headaches, let your health care provider know. They may not be suitable for you to take, especially if you are taking multiple medications with may adversely affect another. A healthy diet can make you less prone to headaches. There are foods that can contribute to triggering headaches, and nutrient deficiencies can cause them too.

FOODS THAT MAY TRIGGER MIGRAINES

A migraine refers to an excruciating headache that is often felt on one side of the head, however, it may affect both sides. Some people experience warning signs, which are also referred to as an aura. This may include vision or sensory disturbances. Migraines may be triggered by certain foods, or more specifically, by some of the chemicals and substances that are found in many foods. Here are a few foods or food additives to be aware of if you suffer from headaches and have not yet identified the cause or causes.

Aspartame

Aspartame is one of the most commonly used artificial sweeteners and many people claim it can trigger a migraine. If you are prone to having migraine headaches, you should be conscious of your consumption of low-calorie desserts, yogurts, artificially sweetened items, diet beverages and “sugar-free” candies.



Nitrites

Sausages, hot dogs, corned beef, jerky beef, pepperoni and soy sausages all contain nitrites that can trigger a migraine. Nitrites are commonly found in foods that have been smoked, canned, pickled and/or cured.

FOODS THAT MAY TRIGGER MIGRAINES

Tyramine

Tyramine isn't a food, however, it can occur in foods, such as cheeses, citrus fruits, chocolates, balsamic and red vinegar, nuts and soy foods. If foods have not been stored properly or left unrefrigerated for too long, their tyramine content may increase. Yet another good reason to not eat foods that aren't fresh. A good saying is, "If in doubt, throw it out!"

Tannins

Foods that give you that puckering and dry feeling in your mouth such as apple juice, apple cider, pears, and red-skinned apples are examples of foods that contain tannins. Tannins contribute to the astringent taste of foods. Although more studies are still needed about tannins, there are reports that it might be a cause for migraine headaches in some people.

Sulfites

Sulfites are another possible contributor to incidence of migraines. This preservative is found in commercially dried fruits such as apricots, prunes and figs. Make sure to check the food labels before buying dried fruits and avoid the packages that contain this preservative. If you dehydrate your own fruit at home, this will not be an issue.

FOODS THAT MAY TRIGGER MIGRAINES

Other Food Additives

Those who experience migraines should be extra careful of buying food products that contain any of the following food additives:

- MSG or monosodium glutamate
- HVP (Hydrolyzed Plant Protein)
- Autolyzed or hydrolyzed yeast
- Sodium caseinate
- Kombu extract – usually found in Japanese foods
- Yeast extract

There may be other foods or food additives that you suspect may trigger your attacks. If so, check what is in them and see what other foods may contain the potential culprit. It's a great way to rule out the "bad ones". Living with migraines is definitely not easy, however, taking a look at your diet is a great place to start if you want to reduce them. Health advocates and nutrition experts have been stating for years that eating fresh fruits, veggies and foods devoid of preservatives is the best way to improve health, including the alleviation of migraines.

There are many natural ways in which you can reduce if not avoid the recurrence of migraine attacks. Much kudos has recently been given to Vitamin B2 and its ability to help those who suffer from recurring migraines. There is no truer application of "prevention is better than cure" than when it comes to migraine headaches. How much better to avoid rather than having to suffer through trying to reduce the pain of yet another migraine!

HORMONES AND HEADACHES



Headaches have become a common issue for women all over the world. More often than it is realized, these headaches are brought on by hormonal changes, whether it be during menstruation, pregnancy or menopause. Unfortunately, “hormonal headaches” are suffered by some women every

month, as their monthly cycle is sometimes the only cause for them to suffer with a headache. This is the major reason why women are known to suffer with headaches more than men. They have more hormonal changes taking place, and on a regular basis.

What Causes Hormonal Headaches?

A woman’s body is very complex and it utilizes a range of hormones to keep everything functioning in a healthy manner. These hormones are incredibly powerful in even tiny amounts. They work invisibly in the background, triggering brain and body functions to automatically maintain the whole system; month in, month out. However, there are times, often regular, when either these naturally occurring hormones, or hormones introduced into the body, can trigger unwanted responses, including pain such as headache. This is further compounded by our modern lifestyle, with all its stress-related hormonal triggers.

HORMONES AND HEADACHES

Menstruation or Pregnancy

Hormonal headaches can occur when the body releases the hormones necessary for regulating the menstrual cycle, or as a woman's body goes through all the changes required for carrying a child and preparing for birth and lactation.



Contraceptive Pills

Many women who do not want to fall pregnant take contraceptive pills, which introduce hormones into the body and affect the natural balance. All the processes that are involved in either preparing for or preventing a pregnancy affects the normal functioning of hormones in the body. No hormonal response occurs in isolation and the effects can be manifold. Unfortunately, one of these effects is often headache.



tion and the effects can be manifold. Unfortunately, one of these effects is often headache.

HORMONES AND HEADACHES

Menopause and HRT

Women who are in the menopausal stage of their life are also prone to suffer from the same type of headache pain. Once the hormones responsible for menstruation become depleted, some women try to replace them through the process known as “hormone replacement therapy” or HRT. HRT often causes a hormonal imbalance within the body and this can cause a headache to occur.

Is It a Hormonal Headache or Migraine?

Many types of headaches women are afflicted with are caused by the fluctuations in their levels of estrogen and progesterone. When a woman undergoes a normal cycle, her levels of estrogen decrease, and so too does her serotonin levels, which can result in a hormonal headache. Many experts believe that there is also a connection between serotonin, estrogen, and migraine headache pain. Normally, serotonin levels in women are high but reduced levels correlate to increased incidence of migraine. An intense hormonal headache that some women experience is called a menstrual migraine, which usually occurs two days before the menstruation period begins and will ease away within three days of menstruation. Studies reveal that almost 60% of women experience headaches before, during or after their menstruation periods. So, if a woman says she has a headache ... she probably does!

DIZZY SPELLS AND HEADACHES

There are many people who suffer from headaches and dizziness, and quite often they don't know the root cause. There are a variety of conditions that can cause these symptoms, so it is important to make an appointment with your medical professional to find out the underlying reasons before you make assumptions. The following can give you some background to what might be causing your symptoms.



Causes of Dizziness

Some of the main reasons people may experience dizziness include:

- Anxiety and hyperventilation
- Heart conditions, such as high or low blood pressure
- Diabetes
- Dehydration
- Medications.

Having low blood pressure may lead to postural hypotension or dizziness which is a result of moving from a sitting or lying down position to standing.

DIZZY SPELLS AND HEADACHES

Causes of Headaches

Some of the main causes of headaches include:

- Poor posture - Tension headaches may occur from sitting at a desk for example, where your seating and viewing of a computer screen is not ergonomically correct
- Frequent stress
- Exposure to allergens or chemical irritants
- Certain foods.



The Dizzy Sensation

Individuals who suffer from dizzy spells may feel like they are going to faint. Quite often a headache may accompany a dizzy spell. Some people who experience the room spinning may have a condition known as vertigo.

If you notice you are dealing with a headache and are dizzy simultaneously, it may be a symptom of a more severe medical condition.

Keeping Track of Your Episodes

It's a good idea to keep a diary of your dizzy and headache experiences. Take note of what you were doing when it started, what you had recently eaten, etc. You may notice a pattern if you do this.

DIZZY SPELLS AND HEADACHES

Perhaps there will be a trend of what time of day this occurs, or if you have these episodes on days you are extremely busy or stressed, or if you haven't had enough water to drink.

Acute Conditions

Anxiety: Being anxious or extremely worried can lead to an increased heart rate, sweating, as well as dizzy spells or headache. Many people forget to eat and drink at regular intervals during a stressful situation. With a hectic lifestyle and unrealistic deadlines, it is easy to become overwhelmed. Combined with lack of sleep, they may experience these symptoms.

Insufficient Sleep:

Experiencing occasional headaches and dizziness may result after insufficient sleep. Many people work late into the night on computers or reading their iPad or eReader, and the artificial light can eventually disrupt their circadian rhythms. Try to limit your exposure to the blue spectrum of light in the hours before bedtime and incorporate a relaxing bedtime routine



DIZZY SPELLS AND HEADACHES

Dehydration: It can be easy to become dehydrated if you are drinking an excess of diuretics such as tea or coffee, sweating extensively from extended cardio workouts, or eating salty foods. If you do not replenish your fluid intake, you may suffer the consequences.

Low Blood Pressure: Some people naturally have lower blood pressure than others. However, it can cause them to have a headache or feel dizzy, especially when changing positions. When their blood pressure drops below normal, at the extreme, unconsciousness may occur. It's important to watch for warning signs!

Medication Side Effects: Dizzy spells and headaches may be triggered by specific medications. It is something to speak with your doctor about if you have recently started a new prescription and are having these symptoms. Whatever the reason for your headaches, it is far preferable to know what is causing them so you can focus on fixing the problem, rather than simply treating the resulting symptom of headache with an analgesic.



TENSION HEADACHE RELIEF

How to Relieve Tension Headaches Naturally

Tension headaches are the most common kind of headache people experience. They are due to the contracting of the muscles which cover the skull. This is why it is described as feeling like your head is in a vice. The squeezing, contracting muscles, are acting just like a vice! The pain is usually felt around the front of the head, as it runs from one ear to the other. Tension headaches can be very painful and distracting, however, instead of reaching for pain medication, try some of the following natural solutions.

Peppermint Oil

Rub peppermint oil into your hairline and into your temples. It creates a cooling sensation on the skin and helps to relax the muscles in your neck and head. Peppermint oil can keep you awake, so don't use it at night. If you do use it late in the afternoon, make sure to wash it off before retiring.

Ginger Tea

Fresh ginger root is available at your local grocery store. It is easy to grate for making a tea with boiling water. Ginger has antispasmodic properties and helps your muscles to relax. This homemade tea can help to reduce inflammation in approximately the same amount of time it would take an aspirin to take effect - so in approximately half an hour.

TENSION HEADACHE RELIEF

Stretching Exercises

Engaging in stretching exercises can be extremely helpful for combatting neck tension. Doing some basic neck and back stretches, before and after exercising, or when experiencing a headache, can greatly relieve tension and improve overall flexibility. Try slowly rolling your head in circles one way and then going the other way. Repeat this exercise as often as possible or needed. It is an excellent exercise for keeping your neck supple and free from built up pain and tension.

Yoga

Back pain, neck tension and lower back discomfort can be alleviated with yoga exercises. Certain poses can help increase your mobility in the spinal region. This is excellent for the neck vertebrae, which are responsible for many health problems, including headache pain.

Massage

Massage may be a more expensive option, particularly when relying on the experienced hands of a trained professional, however, the benefits outweigh the costs. Be sure to drink copious amounts of fresh water after a massage, as the physical stimulation releases toxins from your body and lactic acid from your muscles. Trained hands can determine where you are holding tension in muscles you didn't even know existed and help to release it.

TENSION HEADACHE RELIEF

Correct Sleeping Posture

Check your pillow, if it is too bulky it could potentially be pushing your neck too far forward. You may benefit from sleeping flat on your back without a pillow or replacing your pillow with a sleep pillow. For those on a budget, try using a rolledup towel behind the neck with nothing else behind the head. This can be as effective as the costlier versions.

Heat

Using a hot water bottle or a heating pad can be an excellent remedy. Try having a hot bath or use the hot tub or sauna room if you have one (or access to one). The heat can help your muscles unwind and relax. Do some stretching exercises after loosening up your muscles to help stay limber.

SINUS HEADACHE REMEDIES

Remedies for Sinus Headaches

The best remedy for a sinus headache is prevention. It is important to determine what the underlying cause of your sinus headache is and prevent that trigger. Many people with allergies have known triggers. Those who work in, or frequent polluted areas or dusty environments may find themselves coming down frequently with a sinus headache. Other people are sensitive to harsh chemicals such as perfumes and cleaning products and others find they suffer after consuming an overload of dairy products. If you can keep track of when you get a sinus headache and what you were doing prior, you may discover potential triggers to avoid. It is recommended you keep a journal until you can pinpoint your potential or known triggers. After all, 'prevention is better than cure'.

Strong Immune System

Keeping your immune system functioning optimally will help you to fight off sinus infections, which in turn can cause a sinus headache. If your body is not able to fight off a sinus attack you will be subject to re-occurring headaches.

Drink Lots of Water

Staying well hydrated will help ensure that your mucus doesn't become thick and viscous. It is normal and healthy to have nasal discharge, as this traps bacteria and irritants and enables us to blow them out before they get into our system.

SINUS HEADACHE REMEDIES

Neti Pot

A Neti Pot is another great solution. They are available from most pharmacies. Water from the Neti Pot can decrease inflammation and increase drainage in the nasal passages that contribute to sinus headaches. Generally, you will want to fill the Neti Pot with a water and saline solution. Next, place your head over a sink and angle your head to one side so that your chin and forehead are in alignment. Put the Neti pot into the higher nostril and make sure there is no space between the nostril and the spout. Gently lift the pot so that the water flows into your raised nostril and out of the lower one. As you let the water flow, breathe through your mouth.

Once you have used all the water, gently clear your nose by blowing, without closing off your nasal passages as you exhale. Tilt your head to the other side and repeat the process. Once you are finished with the Neti Pot, wash it out with soap and water and let it air dry. The gentle nasal irrigation helps you to flush out your sinuses and provide relief. Using the saline solution helps to dispel the mucus from your nasal passages which can greatly alleviate the pressure. You can also try a bulb syringe. It is important to use sterile, distilled or previously boiled and cooled water.

Make sure you thoroughly wash out your apparatus and let it air dry before using again. If you don't have any of these products, you can tilt your head back in the shower and let the water run into your nostrils for a sinus clean.

SINUS HEADACHE REMEDIES

Humidifier

A vaporizer or humidifier in your bedroom can help ease your sinus pain and nasal congestion just as warm, moist air from a steamy shower or hot bath can provide relief too. The warm and humid air can be helpful for bringing down the inflammation and enabling the nasal passages to drain. You will find that your nose will often become more irritated if exposed to chronic dry air. If you don't have one, for immediate relief, use water from a boiling kettle and lightly tent a towel over your head and inhale the steam, being careful not to scald yourself. However, if you are prone to broken capillaries on your face, steaming is not recommended.

Sinus Massage

Even though it may be painful, massaging the sinus areas with your fingertips can be beneficial. Gently work over the regions in your temples and forehead where you are feeling pain.

Visualize the sinus spaces opening up and drainage commencing as you work through the area. If you notice no relief after 5 minutes, stop. There is no point in creating pressure if it is not providing relief.

As you can see, there are plenty of natural remedies for sinus headache relief to try. You can also keep a saline nasal spray, available from any pharmacy, handy for those little emergencies.

NATURAL HEADACHE REMEDIES

Natural Remedies for Migraine and Headaches

The causes of painful headaches and migraines vary from one person to another, and so do does the pain experienced. Rather than using traditional medications to ease headache pain, try these natural remedies to find relief.

Stress Management

If you suffer with daily stress, it can open up a Pandora's Box of illnesses and health problems. Being exposed to highly-stressful situations constantly may lead you to feeling exhausted and constantly worried, which may result in a migraine or tension headache. If you can reduce your stress levels through proper stress management techniques, you may find your occurrence and intensity of headaches will decrease.

Healthy Diet

Diet can also play a large part in reduced headache pain. Eating more magnesiumrich foods such as spinach, halibut, lentils and avocados can help you obtain relief from headaches. Other beneficial foods are those that are high in omega-3 fatty acids, such as olive oil, salmon and walnuts. On the other hand, you should avoid eating too many foods that are known to trigger headaches and migraine such as aged cheeses, processed foods, beer, wine and chocolate. Foods that contain artificial sweeteners and monosodium glutamate should also be avoided.

NATURAL HEADACHE REMEDIES

Get Adequate Sleep

Sleep, nature's remedy to so many ailments. If you are lacking sleep this is one sure recipe for developing a headache. Many experts suggest that adults must sleep for at least six to eight hours each night. Others will argue that you need more than that, and yet many others will say that the "quantity" of sleep does not matter, so long as the "quality" of sleep is good. So ask yourself, do you wake up every morning feeling refreshed and recharged?

If your answer is no, then you are not getting adequate, quality sleep. If you have difficulty sleeping, find natural ways to help you gain the sleep you need. Avoid taking sleeping pills as you may risk suffering from their side effects, and headaches can be one of them also!

Acupuncture

There are acupuncturists who specialize in treating headaches and migraines and studies have proved its effectiveness. Regular acupuncture treatments can provide sustained relief from headaches, which reduces the need for pain reliever medications.

Hydrotherapy

Many experts claim that hydrotherapy is also effective in treating migraine and headache pain. This can be done a couple of ways. One way is to take a hot shower, then a cold shower. Allow your head to be showered with water that is as hot as you can stand for about two minutes to stimulate the blood flow.

NATURAL HEADACHE REMEDIES

Then, alternate this with water that is as cold as you can stand for another two minutes. The cold water will help bring the flow of blood to the core of your body. Repeat this process for up to twenty minutes to promote better circulation and blood flow.

Another way of using hydrotherapy is to submerge your feet in very cold water while putting a hot compress on your neck. This process will help bring the blood down to your feet and relieve you from pain. Some people place a cold compress on their forehead and find better relief, doing it the other way around, so try both ways. Taking over-the-counter medications may effectively work for some time, although they are not good for your liver health and can eventually cause you more headaches from the toxic build-up. Therefore, it is best to use some or all of the above-mentioned natural remedies for headache and migraine relief.



CONCLUSION

Chronic or recurring headaches negatively affect the quality of life for many. If you are one, take the time and make the effort to determine what your headache type is, and what may be causing it. Ideally, this will help you prevent them. When they do occur, it will better enable you to treat the symptoms naturally. This will help for a healthier, happier, you.



Stop Your Headaches Without Medication

Headaches commonly occur when spinal bones in the neck do not support the head properly. A misalignment causes irritation to the nerve structure and interference in the flow of nerve energy throughout the body. Stress and bad posture easily lead to chronic migraines, which is why many people who work at a desk suffer from them.

CONCLUSION



What Is Nonsurgical Spinal Decompression?

Nonsurgical spinal decompression is a type of motorized traction that may help relieve back pain. Spinal decompression works by gently stretching the spine. That changes the force and position of the spine. This change takes pressure off the spinal disks, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated disks may retract, taking pressure off nerves and other structures in your spine. This in turn, helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal.

Doctors have used nonsurgical spinal decompression to treat:

- Back or neck pain or sciatica, which is pain, weakness, or tingling that extends down the leg
- Bulging or herniated disks or degenerative disk disease
- Worn spinal joints (called posterior facet syndrome)
- Injured or diseased spinal nerve roots

How Is Nonsurgical Spinal Decompression Done?

You are fully clothed during spinal decompression therapy. The doctor fits you with a harness around your pelvis and another around your trunk. You either lie face down or face up on a computer-controlled table. A doctor operates the computer, customizing treatment to your specific needs. Treatment may last 30 to 45 minutes and you may require 20 to 28 treatments over five to seven weeks.

CONCLUSION

Before or after nonsurgical spinal decompression therapy, you may have other types of treatment, such as:

- Electrical stimulation (electric current that causes certain muscles to contract)
- Ultrasound (the use of sound waves to generate heat and promote healing)
- Heat or cold therapy

People with any of these conditions should not have non-surgical spinal decompression:

- Fracture
- Tumor
- Abdominal aortic aneurysm
- Advanced osteoporosis
- Metal implants in the spine"

Ask your doctor whether or not you are a good candidate for non-surgical spinal decompression.

It is best not to try have spinal decompression therapy treatments if you are pregnant.



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CONCLUSION



Spinal Decompression Therapy for Headache Relief

Spinal decompression when combined with Chiropractic Care is a natural health science that has been most successful because it immediately goes to the cause of headaches, and in many cases halts the progress of a dangerous disease. Non Surgical Spinal decompression, NSSD, involves stretching the spine, using a specialized, FDA cleared motorized device known as a Decompression table with specific software and algorithms to make for a gentle experience. So gentle patients often fall asleep during treatment. The goal of DCOA doctors is to focus on relieving pain and increasing functionality in the spine. This alleviates the symptoms of chronic headaches.

Stop Headaches Today Naturally

With our experience in alleviating neck pain and headaches, you are sure to find your symptoms decrease after a few sessions. Call us today for a consultation and let our friendly chiropractic center help you!