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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 4 Easy Ways To Relief Headache

By Riana Lance

Having headache is annoying and sometimes it is difficult for us to avoid. Mostly when we are under pressure, headache appeared automatically. If it gets worse, we might faint due to the pain we felt.

A headache is a condition of mild to severe pain in the head. It can also attack at our upper back or neck. There are different types of headache, but most of the time headache brought on by stress, too long in front of computer, noise and others.

One of the main causes of headache is tension in the muscles of the neck, scalp and jaw. We usually deal with it by taking some sleep or consume over-the counter aspirin to release our pain. However, can we do this at any place?

Obviously, we cannot sleep at the office or at the mall. In addition, we might run of aspirin when headache strike us.

Do not worry! The easiest way to handle headache and we can do it everywhere is through massage. Massage is the practice of applying pressure or vibration to the soft tissues of the body, to heal injury, relieve psychological stress, manage pain, improve circulation and relieve tension.

When we suffer from headache, we can help ourselves with self-massage. Simple and everybody can do it, either at work or home.

Here are four easy ways in massage to heal our headache.

1. Eyes Area Massage --- Close your eyes. Place your middle fingers to your eyes that are above cheekbones. Massage that area gently but firmly in circular motion for 1 minute,
2. Eyes to Nose Massage - Using thumb, go along the underside of eyebrows (along the bone on top of eye socket). Feel where this bone meets the bridge of your nose and eyes and find a point where there is a small indentation. Very gentle pressure, press your thumbs into the points. You can do it four times by holding and press that area for 10 seconds in each press.

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3. Neck Massage — Massage a point where you can feel it by moving the middle fingers of your hands to the back of your head and feel the base of your skull. Specially, at the tops of your neck that meets the base of your skull. Massage for a minutes using finger tips gentle in circular movement.

4. Scalp Massage - Let your palms of your hands massage your scalp on the top of your skull for a minute gently.

Once you have done all those massages, start taking a deep breath. Lift your shoulders towards your ears for five to 10 seconds to relief remaining pain, and then let them drop back down into their natural position.

You are going to feel better when you can do that for a couple of times. Your massage will relief your headache and your head will feel less weighty.

Riana Lance writes about health in some publications. Twice a week she informs her health tips and knowledge in a newsletter. Subscribe to get your free twice a week newsletters so you can stay healthy for the rest of your life from

<http://Heathifica.com>

### **Treatments For Headache Relief: Inderal For Headache Relief**

**By Ashish Jain**

What a variety of headaches and what a variety of treatment patterns!

Strictly speaking, any medicine that is administered for a particular disease, must cure it without giving scope for any side effects! And cure it fully, not in parts, not with ifs and buts!

How many types of medicines have been tried to treat this simple looking ailment of headache? Individual headache treatments, traditional headache treatments, alternative headache medicine, drug and non-drug therapies for headache relief! Yet, breathes there a soul who will not get attacks of headaches in one form or the other—one or two times in a year or several times?

How brain, the most intelligent part of the human system, has kept itself away from this headache? Nothing happens to the brain, even if you have a worst attack of the headache. But most of the parts around it, are desperately attacked., like head, face, mouth or neck. The pain can be mild or severe enough to disrupt your daily activities. Headache involves the network of nerve fibers, in the tissues, muscles and blood vessels, located in the head and at the base of the skull.

Inderal for headache—how does it work?

Inderal does two important functions in its effort to control headache. It reduces the heart rate and lowers the blood pressure.

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How this is done? It is a beta-blocker medication which blocks the action of the sympathetic nervous system. As a natural corollary, blood pressure and heart rate are checked. Rightly, therefore beta blocker drugs like Inderalk are used in the treatment of high blood pressure. Some studies have also shown that they also have a role to play in preventing the migraine attacks. Migraine is one of the severe forms if headaches!

But, certain side effect are cited. They are dizziness, changes in the mood of an individual, trouble with sleep, plus those who have asthma are likely to suffer more!

A local medicine is believed to the job of Inderal, but without any side effects. Bishop's weed (Ajwain): The seeds are useful in the treatment of migraine and delerium. They should either be smoked or sniffed frequently to obtain relief.

<http://www.headacheupdates.com/migraine/>

& Headache Relief provides detailed information on

headache, natural headache relief, headache treatment and more.



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