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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!**

**5 Essential Tips To Cure Your Headache**

**By Riana Lance**

Headaches, especially if they come regularly to visit your head, are definitely maddening. You're barely able to do anything. You only wish to lie in your bed, close your eyes and ears.

Have you tried drugs and still no luck? Wish to try something else?

If you do, these tips are perfect for you:

· Try Grandma's Remedies

Not all grandmas' remedies are difficult or have uncomfortable effects.

You can try cold compress or a nap or sweet home baked cookies. They are all even very comforting.

Or, just take your index finger and your thumb and squeeze the bridge of your nose while pressing down a little bit. Or, try to massage your temples.

All will reduce your headache or migraine.

· Try Herbs

Most of the herbs to help you get rid of headaches are quite safe to use. They are a natural and non-narcotic form of treatment.

However, if you have some allergies, it would be better to consult with your doctor before consuming the herbs.

If you're allergic-free, you can try several kinds of herbs that can help curing headache. Boil them, not only to make them free of chemical, but also to make them taste better. It's just like tea!

· Try Exercising and Hot Bathing

## 5 Essential Tips To Cure Your Headache

Exercise can get your circulation goes well again. You can try to walk or jog, for example. The fresh air will even ease the headache healing process.

Afterwards, get a hot bath. The hot water helps to release the contracted muscles that cause the headaches in the first place, and generally lets the whole body relax.

Add some candles with aromatherapy in your bathroom, it will add the comfort.

### · Try Natural Cure

Besides grandma's remedies, there are other natural ways to cure your headache.

Aromatherapy methods will be a great help. They offer the benefit of aromas like lavender which is

known to possess relaxation qualities with in.

Or, try acupuncture. This will help a lot especially if the cause of the headache is nervous tension.

### · Try Meditation

Meditation and concentration for each movement will eventually give you a youthful glow. They will also help you keep stress levels low which will in turn keep your headaches away. There are many types of meditation that you can try. But, my favorite is listening to running water. I don't always have to go to the lake, beach or waterfall to listen to it. I simply buy a nature sound tape.

Aren't those tips easy? You can even do them anytime you wish. Say, you get a headache at the office, you can try on of the simple grandma's remedies, just massage your temple. Got it at home? Simply take a hot bath.

Good luck!

Riana Lance has a deep concern on health. Get her inspirational e-mail guides on How to Relieve Your Headache at

<http://www.healthifica.com/reports/headache.php>

Also, grasp her other motivational

health tips at

<http://www.healthifica.com>

, a worth-to-visit daily updated blog.

## How To Fight Allergy Headache And Get Headache Relief?

By Ashish Jain

Headache itself is no ordinary suffering for you and to have an adjective before it, like allergy is a double tragedy! A long term plan and a strict disciplined life with reference to all your activities is needed to combat allergy headache. Slightest mistake on your part in breaking the discipline will give you lots of sufferings. It will take some time for you to decide what you are actually allergic to, and your body will not accept anything beyond, once you draw the dividing line!

Please remember, allergy shots will not give you permanent cure, and you very well know it. In a moment of desperation, just to get rid of the suffering any how, for the time being, such shots are the accepted mode. After all, what are these allergy shots? They do not contain any magic potion. They actually contain a very small amount of the stuff that you are allergic to.

The question again is— what you are allergic to? It may be dust, sawdust, smoke or any other fine particles! It may be any type of food. It is better you have a detailed discussion with your doctor and he will help you figure out what foods and climatic conditions are detrimental to your system.

These are hard times of pollution. Don't think that you are indoors and you are safe from allergy headache. There are many indoor pollutants that may be causing your headache, unknowingly! You may catch allergy just when you start the desert cooler—an invisible cloud of dust has entered your system through nostrils! There are many air-borne, invisible substances, through which you may suffer from allergy headache.

You go for a morning walk, with the hope of filling your lungs with fresh oxygen! A truck passes across you and the emission of carbon dioxide has irritated you. By the time you return home, you already have the headache. The stench from the passing garbage truck may cause you serious problems of allergy. Similarly if you pass across an industrial area, second hand smoke, volatile organic compounds, carbon monoxide, the flying ash, chemical discharge from the factories, may all initiate allergy headache to you.

Developing enough resistance power in your inner system is only the permanent cure for your allergy headache! With proper disposition on all fronts, and with utmost care, allergy headache can definitely be beaten!

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

& Headache Relief provides detailed information on

headache, natural headache relief, headache treatment and more.



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