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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!

Exploring The Many Cures For Headaches

By Scott Michaels

Many people get headaches as a response to physical strain, cramped muscles, and pinches

nerves. These muscular headaches can be brutal, and are usually reoccurring to a very persistent degree. Usually, there is some level of tightness in or soreness in the area the muscle strain is occurring, like your neck or back area.

Because your nerves in that region are all connected and ultimately lead to your head, strain in your neck, shoulders, or back can produce headaches. Usually these kinds of headaches start out very localized, but can often spread over your entire head. Cures for headaches of this kind are difficult, as you have to cease doing whatever it is that is causing the strain, and may need extensive physical therapy to help your muscles recover.

Then there are sinus headaches. These are especially nasty, but fortunately are rarely a constant reoccurring phenomenon. Sinus headaches result from pressure in your sinuses, as a result from allergies, colds, or a sinus infection. If you get sinus headaches a lot, you may be suffering from allergies. Cures for headaches of this type can range from allergy treatments, to decongestants. My favorite is Claritin.

Unfortunately, headaches are one of the most complicated and poorly understood phenomena in the medical world. Have you ever tried asking your doctor about cures for headaches? If you ask ten different doctors about headaches, you'll get ten different answers.

The reason why doctors give you so many different answers is because headaches can have so many causes, and a lot of them aren't really clear. If you get a lot of headaches, the first step you should do is try and figure out what kind of headaches you're getting. From my understanding, there are a few different kinds.

Last but certainly not least, are migraines; everyone's favorite and the least understood of the headache family. There are so many potential causes for migraines its not funny. If you suffer from migraines often, like me, it's a good start to keep a kind of headache log.

Exploring The Many Cures For Headaches

Record hours you slept, how well you slept, what you ate and drank, what you did during the day, anything you can think of and see if you can detect patterns with your headaches. If you can't get your finger on it there's always painkillers. While they're certainly not cures for headaches, they are better than nothing.

If you suffer from frequent headaches like me, finding some effective cures for headaches has probably been a personal goal of yours. I know for me it has been like the search for the Holy Grail. I would gladly sell my soul for some kind of magic pill of treatment that would serve as a once and for all cure for headaches.

Giving you the information that you need to cure your headache.

<http://curesfoheadaches.info>

Christopher Reeve To Have Promoted Basement Lab

By Gerald Armstrong

Christopher Reeve has died. But his vision of a "Cure" has not. Mr. Reeve, who became a quadriplegic after a horse riding accident in 1995, was best known as advocate for stem cell research which promises cures for spinal cord injuries. Shortly before his death he had planned to get behind a little known biotech driven offshore by President Bush's restrictions on stem cell research. The "Cure" didn't reach Christopher Reeve in time. But a cure for the paralysis that plagued the star -and ultimately led to his death may be in the test tubes in a basement lab in a small Caribbean island.

People all over the world are mourning the actor and activist, but the scientists at Gen Cells Cures lab were particularly saddened by the news. No one except the Actor and Gerald Armstrong of Gen Cells Cures new about Mr. Reeve's plans to get behind the research of the now disabled biotech. Spokesperson Gerald Armstrong had this to say. "Not only did President Bush restrict the research ... there are no public funds for our research. All of our operations are completely shut down until we can locate private money. I cried when I heard the news, where do we go from here. Along with millions of other people I mourn Christopher Reeves passing and extend my sincere condolences to his family. I pray the world embraces Christopher Reeves family, as they grieve the loss of their husband, father and son."

Christopher Reeves taught people two words: Hope and Cures— Without hope we have nothing. As for Cures... Gen Cells Cures will finish the work.

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Visit his group for information on cures for incurable diseases and aging.

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Hello, Ladies and Gentlemen, I am Gerald Armstrong the owner of Gen Cells Cures a biotech dedicated to curing incurable diseases and aging. Introducing to the world, the miracle of private, personalized medical research for the individual. I am passionate about molecular biology and what we can do with science to find urgently needed cures for those people suffering from aging and incurable diseases.

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Cluster Headaches
Herbs And Natural Cures
Helpful Tips Offering Relief From Migraine Headaches
Curing Lou Gehrig's Disease

Control your Headache!
Understanding Acne: Causes, Cures and Myths
How To Create HOT Information Products
eBarteringTactics
Create a Website in 5 Days



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