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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!

Headaches ? Effective Natural Solutions

By Robert Elias Najemy

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Common Causes of Headaches

1. One major cause of headaches is an accumulation of toxins in the body and nervous system.
2. This problem is increased when we have constipation. A large number of headache sufferers have constipation or problems with their kidneys.
3. This problem of auto-toxification is multiplied even further when one is living in a polluted environment, inhaling toxic substances which react negatively on lungs and nervous system.
4. Another major source of headaches is tension in the neck. Neck tension can be result of too much thinking, especially worrying, or poor posture, or the result of some specific type of work such as typing or sewing.
5. Neck tension may also be associated with eyestrain, which may result from a certain type of work which requires much concentration with the eyes, or simply a growing weakness or tension in the eyes.
6. The overall tension in all the body may also contribute to this tension in the neck, eyes, and head. This is especially true of the tension in the spine, which tends to flow up into the neck and head.
7. A lack of sufficient blood flow and thus, nutrients and oxygen in the cells of the brain can easily cause a headache can easily ensue.
8. Unresolved negative emotions and especially anger, worry or anxiety can also create headaches.

Headaches ? Effective Natural Solutions

9. Insomnia can also create headaches.

10. Hormonal imbalances can often generate headaches, especially during the days preceding and during a woman's menstrual period.

11. Other factors also contribute to headaches such as certain hereditary tendencies or organic malfunctioning within the individual.

You Can do Much to Get Free from Headaches

The best cure is prevention. Let us look at some of the ways in which we can free ourselves from the discomfort and burden of headaches.

1. Massage can help to relax the muscles and nerves of the neck, head and eyes so as to increase the flow of blood and relieve the pain. This is only a temporary solution, however, for we have not effected the headache as its cause. We have only momentarily removed the symptom.

2. A proper diet with pure non-toxic foods will help the body to free itself from the accumulation of toxic wastes. Some, who have a high degree of toxicity, may want to go through a detoxification fast under the guidance of a professional naturopath so as to clean out their system.

3. If constipation is also a contributing factor, then one should immediately begin to solve this problem with plenty of liquids, fiber and exercise. One may even want to make a few purges with an enema so as to clear out some of the toxic waste in the intestines, preferably under the guidance of a doctor or professional health counselor.

4. If we are absorbing large amounts of pollution and living a life of general stress, we can protect our bodies from vitamin deficiency by taking vitamins B, C and E. These vitamins should be taken in as natural form as possible, but it is seldom possible to get all one needs through natural foods alone. Some naturopaths recommend doses of 1000 milligrams of vitamin C and 200 i.u. of vitamin E per day. Vitamin B can be absorbed through eating brewer's yeast according to the recommendation on the package.

5. The tension, which accumulates in the spine, neck and head, can be relaxed and released through specific exercises and breathing techniques. (These can be learned from an experienced Yoga Instructor). These exercises are also useful for creating an overall harmony in the nervous and endocrine system, thus eliminating the problems of imbalanced hormones or tension in the nervous system.

6. Breathing techniques in conjunction with deep relaxation offer us a wonderful tool for relaxing all the muscles and nerves, and even the emotions and the mind itself. These techniques are not only useful for preventing headaches, but are also a wonderful first aid for an already existing headache.

7. Another harmonizing factor is having a routine. The body and mind function much more efficiently and peacefully when there is a certain rhythm in our way of living. Regular hours for sleep, waking, eating and washing are very calming to the nervous system and endocrine system.

8. Those who have much nervous tension would benefit from regular practice of meditation or inner concentration, which would allow them to release and / or transcend physical and mental tensions on a daily basis.

9. Simultaneously we need to understand the cause of his nervous tension and anxiety. Self-analysis our mind's mechanisms will help us discover the ways in which we create unnecessary worry and tension for ourselves.

10. So much of our worry and nervous tension is a result of our ignorance or forgetfulness of our true spiritual nature. We lack self-confidence and faith in Divine protection and guidance. Thus the study of spiritual truths handed down to us through the various religions and spiritual philosophies can help us to see our worries and problems in a more clear and rational perspective. Wisdom brings Peace. Peace leads to love and harmony.

In conclusion we may say that headaches in most cases are the result of wrong or imbalanced living and thinking. We can change our way of living and thinking, and thus free ourselves from these

unnecessary pains. Thus our headache becomes our teacher or inner guide who reminds us when we are moving away from the harmonious path or right living, acting and thinking.

(Adapted from the forthcoming "Self Healing" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com/exec/obidos/redirect-home/holisticarmo-20> and <http://www.HolisticHarmony.com/psychofhappiness.html>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book The Psychology of Happiness; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

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

Headaches ? Effective Natural Solutions

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 phenomenons 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.

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.



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