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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!

Herbs for Headaches and Migraines

By Douglas Adams

Herbalists tend to regard the headache as a symptom of some underlying disorder rather than an illness in its own right. Those that seem centered behind the eyes suggest a digestive disturbance while headaches that seem to start at the back of the neck and creep forward are generally tension headaches. Pain and sensitivity around the eyes or above the nose can be due to a sinus problem.

Muscle strain in the shoulders and neck can also contribute to head pain. Sitting or working awkwardly hunched over a desk or computer keyboard can easily lead to headaches. Massage neck and shoulders with a mixture of 5 drops each of thyme, lavender, and juniper oil in 1 tablespoon of almond oil.

Take a 600 mg tablet of Siberian ginseng each day to improve stress tolerance and thus reduce the risk of tension headaches and try yoga or t'ai chi classes to improve relaxation skills.

Some sorts of headaches are best relieved by a hot towel on the head in these cases use a massage of 10 drops of rosemary oil to 1 teaspoon of almond oil on the temples and forehead.

Migraine is typically preceded by visual disturbances jagged lights to the edge of the visual field or a sense that there is a strange out of focus area in what one sees. Occasionally the attack may simply comprise these visual upsets, although more typically a severe headache will follow, with increased sensitivity to light so that sufferers want simply to lie down in a dark room. Migraines can be associated with gastric disturbances or pins and needles in one hand or arm. Foods can often trigger an attack or an attack can be associated with stress or bright sunlight. Flickering lights, as when driving past trees on a bright sunny day, can also trigger an attack.

Many sufferers find that chewing feverfew leaves can help prevent attacks. Try two to three leaves in a daily sandwich or else use a strong lavender oil rub (1 teaspoon of lavender oil with 2 teaspoons of almond oil) massaged into the temples at the first hint of a migraine. Drink cups of lavender and St. John's wort infusion (1 teaspoon of each to a cup of water) during attacks.

Douglas Adams is the owner of

All Wellbeing.com

, a website dedicated to increasing knowledge of

health related issues.

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Cluster Headaches

By Andrew C. Povel

Cluster headaches are the most painful headaches. They are also called "suicide headaches" because unlike migraines, the pain attacks come so suddenly and with such big strength that you are literally helpless. The pain attacks can last a few minutes or up to three hours. After a pause they come again, often at the same time each day.

The pain occurs above or behind one eye and can also trigger additional symptoms like tearing, pupil changes or a droopy eyelid.

There is the theory that cluster headaches are caused by widened arteries which take too much blood and therefore put pressure on the trigeminal nerve.

The brain itself has no pain receptors but the blood vessels. It's unknown why the arteries start to dilate and how exactly this causes the pain.

Another theory with cluster headaches says that it also has something to do with the hypothalamus because the headaches often come at the same time. The hypothalamus regulates our biological clock.

While migraines and cluster headaches are both vascular headaches, they differ. Medications which are good for migraines have no effect on cluster headaches. Often you can feel migraines coming, especially when you also suffer from aura, some preceding neurological disorder which causes sight disturbance and tickling in arms and hands. Cluster headaches come without a sign of warning and with full force, very often during the night during the dreaming phase (REM).

Relaxation brings relief to migraines but makes cluster headaches worse. Moving around or performing a strong exercise brings some relief because it rushes fresh oxygen to the brain. This is also known as one of the fastest ways to fight cluster headaches. Inhaling pure oxygen right at the beginning of the pain attack can stop it within five minutes. The only other ways to battle the pain are direct injections with medications because medications taken orally are too slow.

Over-the-counter painkillers like Aspirin, Paracetamol and Ibuprofen work with migraines but not for

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cluster headaches. Here you need newer medications like fentanyl or steroids. Triptan drugs like sumatriptan and zolmitriptan also work. To prevent cluster headaches taking Magnesium has helped about 40% of the people.

Cluster headaches can disappear for weeks or months just to come back later with full force. It's the best to consult with an experienced neurologist to find the best treatment if you suffer from repeated and severe headaches. Cluster headaches can be more difficult to treat than migraines.

While a serious disease is not the reason for this type of headache and the headache itself is harmless, your doctor should exclude possible diseases with a CT scan and a blood test.

Andrew C. Povel is an expert in headaches and migraines and provides detailed information on headaches and migraines at his web site

<http://www.HeadacheABC.com>



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