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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!

How To Combat A Bout Of Chronic Headache

By Ashish Jain

The special thing about headaches is that by outward appearance, you may not appear to suffer

from any disease. Only the possessor of this disease knows what it is like to have it! He feels like banging his head somewhere, but to that extent he possesses awareness that he should not damage his skull or your skull when you profusely tender a basket full of advice as to how he should face this calamity, narrating how you yourself faced similar situations in the not-too-distant past!

But if you have a chronic headache, your patience will be tested on a long-term basis! Because this type of headache comes with lots of other irritants, each one of them capable of subduing the cheerfulness that is part of your personality just before its arrival!

Chronic headache arrives with intense pain, some may call it a burning sensation! Changes in skin temperature, color and texture will confuse you! Joint stiffness and swelling also do their job of damaging your personality and cheerful disposition. If you are a man with a "don't care" attitude who thinks self-help is the best for your headache relief, do this at your peril! If people like you are in majority, majority of the medical practitioners will be unemployed! Do seek professional advice and get yourself examined by an expert!

Chronic headache is a tension-type headache. You know it, and you are suffering from it for the last several months and you are also not much hopeful about the future, when you will be free from it. You are in a state of total confusion; you have tried various types of over the counter medicines, listened to various opinions, without any tangible result! The intensity of the headache is but persisting and increasing!

You have listened to various friends and well-wishers, your file containing investigation reports and prescription papers by the various medical practitioners and specialists is becoming bulky and disgusting to look at, and your own expertise has failed you, but is it fair to still ignore your grandma?

She has saved many "heads" in the past, and will she not do it for you? Note down, what she has to say, even though she had never been to Kashmir (the apple growing State of India): Apples are highly beneficial in the treatment of all types of headache. A ripe apple, after removing the upper rind and the

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inner hard portion should be taken with a little salt every morning on empty stomach in such cases. This should be continued for about a week. It will yield good results even in cases of disgusting chronic headache.

If not after a week, after a fortnight, do meet this grandma and cheer her, oh, chronic headache-less man!

Ashish Jain writes about a number of different topics. For more information on headache visit

<http://www.headacheupdates.com>

and for additional articles on headache visit the main articles page:

<http://www.headacheupdates.com/index.html>

To comment visit:

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

Are Pain Killers Causing Your Headaches?

By "Dr. Larry A. Johnson, D.C."

Do you take analgesics (pain pills) for your chronic headaches? If you do you are not alone, but you may be surprised to learn that the pain-killers you're taking may actually be promoting your chronic tension or migraine headaches.

What should you do when you have a tension or a migraine headache? What should you do when you are experiencing chronic pain? Take a pain pill, right? WRONG! Most people don't have a second thought when it comes to taking analgesics for their chronic headaches or other assorted aches and pains, but research from the St. Louis University School of Medicine demonstrates that "analgesic use seems to be the primary factor in promoting the development of chronic pain." It was found that painkillers, instead of helping relieve the chronic pain, can actually be the cause of it.

"The best thing a person with chronic headaches can do is get off the painkillers," says Paul Duckro, associate professor of psychiatry at St. Louis University. "In our studies, two-thirds of the chronic headache sufferers benefited from the withdrawal of medication." Two-thirds of the chronic headache sufferers not only did not get rid of their headaches with the medications they were taking, but increased their severity through the use of analgesics.

"Evidently, at a certain point in a chronic sufferer's intake of analgesics (including aspirin, ibuprofen, acetaminophen and the stronger narcotic painkillers), the headache becomes drug-induced. In an irony of biology, a substance intended to reduce pain becomes a factor in producing it." Ibuprofen is the "pain-relieving" ingredient in Advil, Motrin IB, Nuprin and many other headache medications. Acetaminophen is the active "painkilling" ingredient in Tylenol. You should be aware that these popular

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medications may be hindering your recovery from your chronic headaches. And even worse, the medications that are supposed to be relieving your pain may actually be the cause of it.

According to Duckro: "The person takes some aspirin, but the pain increases. So the person takes some more aspirin. Then the person begins to take aspirin in anticipation of the pain, thinking, 'If it's this bad when I'm taking medicine, it's going to be unbearable without.' Gradually, the person – and it's more often a woman – gets a headache whenever the medicine is not being taken." (Duckro is director of St. Louis University's Biobehavioral Treatment Center, which has its own headache management program).

Dr. William Bennett, head of nephrology at Oregon Health Sciences University, estimates that over-the-counter painkillers are responsible for as many as 20% of the 125,000 cases of end-stage kidney disease in the United States. All drugs have side effects. These can include dizziness, lightheadedness, nausea, vomiting, stomach pain, liver damage, kidney damage, internal bleeding and many other symptoms including death. We have always known and recognized these possible negative consequences from ingesting drugs (unless we don't read the labels), but we continue to take these analgesics by the mega millions with the hope of relieving our pain and discomfort.

There is no guarantee that if we take a pain pill for our chronic migraine headaches, stomach aches or other types of pain it will actually eliminate the pain. There is also no guarantee that we won't experience unwanted reactions to the drug itself. But when the pain gets so bad we often decide that the possible relief outweighs the risk associated with the analgesic.

But what most of us do not realize is that there may be one more consequence from taking medication for chronic headaches. We may find that the analgesics are actually the cause of the symptoms, that without them we wouldn't be having so many headaches. If you suffer with chronic headaches you may find that the pills you are taking are actually inducing your discomfort. And you may also discover that when you stop taking the medication you begin to experience fewer chronic migraines. After all, according to the director of St. Louis University's Biobehavioral Treatment Center two-thirds of the chronic headache sufferers benefited from the withdrawal of medication.

Dr. Larry A. Johnson, D.C. has practiced chiropractic for 25 years and has treated many patients with migraine headaches. He has patented a unique neck cushion that was designed as a method of achieving relief from migraine headaches. For information about his home remedy for migraine headaches visit his site.

<http://www.soothe-a-ciser.com>



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