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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 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.

Are You Suffering From Tension Headache?

By Ashish Jain

Whether headache is the cause of tension or the tension is the cause of headache? Think over...if their origin is due to the common cause?

Well, the dividing line between tension and headache is thin.

The tension headache is the unique and generous gift of high paced life style of the modern world. Most of the people caught in the grip of this civilization are out to run an endless marathon that has no end. Many of these crazy run ups end on stretchers, ambulances and ICUs in the hospital. Tension headaches are directly responsible for this sorry state of affair.

What is the source of these tensions? An individual, on a normal working day is connected to his family, his friends and his office. Any serious tension in any of these places is the direct cause of their tension headache.

The causes of tension headache may be simple or complex. Your son's poor percentage in the higher secondary examination, and his inability to get admission in any of the reputed Colleges might become a major reason for your tension headache. Well, any kind of stress or worry could be the root of your tension. This is why tension headache is the most common form of headache.

Herein, the tension type headache is not to be confused with any of the serious forms of headache. Tension headache could be due to a single factor. The moment a solution is found to the problem, it disappears.

You may not need any treatment or medicine for this type of tension headache. This headache can be compared to the sharp, passing showers. It comes and it goes. But if you experience intense pain when you have such headaches, you need to consult your doctor immediately.

How to treat the tension headache? The correct treatment is to go to the root cause of the tension and treat that cause. When that cause is satisfactorily resolved, the headache is also gone.

And last but not the least, solving your tension headache through over the counter medications is neither the correct nor the recommended solution for it. At best, this can be described as a temporary solution. The effect of headache will reappear again.

How To Fight Allergy Headache And Get Headache Relief?

So, learn to be at peace with yourself to treat this peculiar headache. Find a solution in the activities that pleasure you. You may read some lessons on right type of living as well. For, good literature many a times solves the riddles of tension.

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