

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Prevent Headache?

By Ashish Jain

But the attack of headache is so sudden and violent, where is the time to prevent it?

Headache arrives unnoticed and ultimately departs and you forget everything, the causes of its arrival! You have never tried to analyze, why you are repeatedly having the bouts of headache. Preventing headache is not one of the items in your agenda.

You have to do certain things, follow certain regimen to get rid of yourself the headache problems. You just treat the pain, without going to its root causes. You believe you are an active, bright person. That was so, till 9.00 a.m. this morning and you were making brisk preparations to go to your office duty. Suddenly, you are confronted with a nagging, throbbing headache, which would not let you do anything! What can be done, except applying for a day's leave? But, that has not solved the problem throughout the day, you suffer and suffer more. Will it be alright by tomorrow?

For the time being, you have solved the problem by taking antibiotics, but by evening again, it has resurfaced! This has happened to you a number of times in the past.

So, now you have to budget your time, according to your revised plans to live a head-ache free life!

>From where do you start?

Do proper exercise at a fixed time of the day. Try your best to live a tension-free life. Avoid stress. What causes the headache? Try to identify the factors. Is it food, alcohol or oversleeping? Yes, sleeping many times cures and at times causes headache. Taking pain killers so often, your body's natural ability to fight the diseases may vanish if you test it with painkillers. Painkillers are not faithful health agents! They also suppress the pain, without affording it a permanent cure. And when the pain resurfaces, it will arrive with double force!

Herbal products and supplements have been proved to be effective in preventing headaches. Learn relaxation therapy from an expert yoga teacher. Some of the techniques those are bound to be helpful for you to prevent headaches are visualization, meditation, deep breathing exercises and many more. Daily practice of such techniques is a must.

How To Prevent Headache?

Preventing headache is not a course of medicines, it is a discipline!

<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 Prevent Headache?

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.

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

& Tension Headache provides detailed information

on headache, natural headache relief, headache treatment, tension headache and more.



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**