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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!**

## Natural Headache Relief

By Andrew C. Povel

Many prefer natural headache relief because of the side effects of drugs. Natural treatments are generally harmless and it often makes sense to combine different solutions.

Headaches or migraines can have different reasons. Some natural treatments work therefore better for certain headaches than others. Assuming that your headache is not the result of a disease then you have either tension-type headaches or vascular headaches.

Tension-type headaches are simply caused by overstraining of muscles. That can be strain of the eyes, face, teeth or muscles in the neck for instance. Relaxation and massage of these muscles can bring immediate relief. Vascular headaches are caused by a dysfunction of the blood flow in the head. For still unknown reasons the blood vessels in the head take too much blood, dilate too much and causes the pain. Narrowing the arteries brings relief.

Natural headache remedies which can influence these causes can bring pain relief. Here is an overview of what you can do. Many of the following tips are also useful in preventing headaches or migraines. Some are good to fight the pain when the headache has started already:

1. Affect the blood circulation by taking a hot/cold bath or shower, making a cold compress to your forehead, a hot or cold compress to your neck or/and put your feet in hot/cold water.
2. Feverfew tea has been a well known migraine treatment since centuries.
3. Drink a cup of strong coffee. The caffeine narrows the arteries.
4. Lavender and peppermint can relax. You can drink a tea or apply the oils to your temples, neck and hairline.
5. It's reported that many foods can trigger headaches. Avoid refined sugar, sweeties, gums. Avoid cold stuff like ice cubes and ice cream as the sudden cold can cause headache. Avoid too much salt.

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6. Relaxation in a darkened room brings relief. Lie down and take slow deep breathes.
7. Avoid skipping a meal. If you haven't eaten since a while and the headache starts, it can be because of the low blood sugar. Eat or drink something that gives you energy quickly, like fresh fruits or fresh juice but...
8. ...Avoid refined sugar at any case. Refined sugar will increase the blood sugar quickly and then it will drop quickly again. This can be a cause for migraines.
9. Avoid bright or flashing lights.
10. Reduce stress.
11. Take supplements like magnesium, vitamin C, B vitamins (choline, niacin), tryptophan.
12. Use Biofeedback and learn to control your body functions better.
13. Acupuncture has helped many people with headaches and migraines.
14. Aromatherapy can bring relief. Sniffing essential oils like lavender, peppermint or marjoram or applying them to the temples can help.

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

<http://www.HeadacheABC.com>

### **Treatments For Headache Relief: Inderal For Headache Relief**

**By Ashish Jain**

What a variety of headaches and what a variety of treatment patterns!

Strictly speaking, any medicine that is administered for a particular disease, must cure it without giving scope for any side effects! And cure it fully, not in parts, not with ifs and buts!

How many types of medicines have been tried to treat this simple looking ailment of headache? Individual headache treatments, traditional headache treatments, alternative headache medicine, drug and non-drug therapies for headache relief! Yet, breathes there a soul who will not get attacks of headaches in one form or the other—one or two times in a year or several times?

How brain, the most intelligent part of the human system, has kept itself away from this headache? Nothing happens to the brain, even if you have a worst attack of the headache. But most of the parts around it, are desperately attacked., like head, face, mouth or neck. The pain can be mild or severe

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enough to disrupt your daily activities. Headache involves the network of nerve fibers, in the tissues, muscles and blood vessels, located in the head and at the base of the skull.

Inderal for headache—how does it work?

Inderal does two important functions in its effort to control headache. It reduces the heart rate and lowers the blood pressure.

How this is done? It is a beta-blocker medication which blocks the action of the sympathetic nervous system. As a natural corollary, blood pressure and heart rate are checked. Rightly, therefore beta blocker drugs like Inderalk are used in the treatment of high blood pressure. Some studies have also shown that they also have a role to play in preventing the migraine attacks. Migraine is one of the severe forms of headaches!

But, certain side effects are cited. They are dizziness, changes in the mood of an individual, trouble with sleep, plus those who have asthma are likely to suffer more!

A local medicine is believed to be the job of Inderal, but without any side effects. Bishop's weed (Ajwain): The seeds are useful in the treatment of migraine and delirium. They should either be smoked or sniffed frequently to obtain relief.

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

& Headache Relief provides detailed information on

headache, natural headache relief, headache treatment and more.



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