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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!**

**Relieving Tension Headaches**

**By Kathryn Whittaker**

What causes tension headaches is not known, however the common assumption is that they are caused by muscle tension in the head and neck. Although muscle tension may be a related cause, there are many forms of tension headaches and recent thinking is that there is more than one cause for this type of headache.

One theory is a malfunctioning pain filter that is found in the brain stem may cause the pain. The thought is that the brain misinterprets information, from muscles, and interprets that signal as pain.

Serotonin is thought to be one of main molecules involved. This is evidenced by the fact that tension headaches can be successfully treated with some antidepressants. Teeth clenching is another theory as a cause for tension type headaches and migraine as it causes chronic contraction of the temporalis muscle.

Nonprescription painkillers such as aspirin, acetaminophen or ibuprofen commonly relieve tension headaches. When severe muscle contraction occurs, stronger prescription drugs may be needed. However, there are side effects associated with these stronger drugs, namely drowsiness and slower reflexes. Therefore, most physicians will only recommend using strong medications for short periods of time and usually not for more than a few days.

Stress management can be very effective. Some people find exercises or meditation to be very relaxing. Biofeedback may improve relaxation exercises and can prove helpful for chronic tension headaches.

Other preventive measures you can try include keeping warm if your headache is associated with the cold. Try using a different pillow or changing your sleeping position. Adopt correct posture when reading, working or doing other activities that may cause headache. Exercise your neck and shoulder muscles when doing prolonged typing, computer work and when doing any close-up work. Getting enough sleep and massaging sore muscles can help reduce a headache occurring. Hot or cold showers or baths may relieve headaches too, so it's worth experimenting to see if either help you.

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Over-the-counter medication such as aspirin, ibuprofen, or acetaminophen may relieve pain if the above-mentioned preemptive measures are ineffective. Sometimes antidepressant medication may be advised for the relief of chronic headaches.

Keeping a diary of your headaches can help identify the source of chronic headaches. When you suffer with a headache write down the date and time the headache began. Also write down what you ate and how much sleep you got over the previous 24 hours. If you noticed any unusual symptoms or felt under stress, make a note of it too. Also, keep a record of how long the headache lasted and what made it stop. Having a headache diary available can act as a tracking device and you may find patterns that you should do more to avoid.

Some lifestyle changes may be necessary to reduce tension headaches. This may include getting enough rest and exercise and possibly a change in job or free time activities.

If you are suffering with headaches or migraines, you should first consult your primary care physician before taking other steps.

Kathryn Whittaker has an interest in health related topics. To find out how you can get relief from headaches and migraines please visit this

<http://www.headache-migraine-guide.com>

site.

### **Migraine Headaches – Is Relief Without Drugs Possible?**

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

Tired of taking potentially harmful drugs for your migraine headaches? Wanting to discover a cheap and natural solution to your pain? There are many different migraine headache treatments available today that are both safe and effective.

Natural treatment methods for migraine headaches are usually harmless and also cheaper than traditional pain medications. Sure, it's possible you could experience a negative reaction or even increase your headache pain because of a natural treatment, but the odds are far less than with pain-relieving medications.

People are different from each other. A natural treatment that might relieve one person's migraine headaches may not relieve someone else's. But on the same measure, just because one migraine headache treatment does not work for one person does not mean it won't work for you. There are many effective alternatives to taking medication when it comes to relieving migraine headaches. One of these alternative methods may be just what you have been looking for.

Chiropractic adjustments, or chiropractic manipulations, are a very popular natural treatment method

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for headache relief. Patients with migraine headaches have been visiting chiropractors for over 100 years, and with very good results. Studies have shown that over 80% of headache patients find relief with chiropractic care. Plus, chiropractic treatment has been shown to be extremely safe. Spinal problems do cause headaches and by correcting these spinal problems many headache sufferers find welcome relief.

Biofeedback is another form of treatment that is safe and can be effective in eliminating pain. Biofeedback is a training program designed to help a person develop the ability to control their autonomic (involuntary) nervous system. Functions that are normally automatic can be controlled voluntarily. This technique makes it possible for a person to control their own heart rate, blood pressure, skin temperature, and of course, the relaxation of their tense muscles.

Stress can cause tension, which can lead to muscle tightness (muscle tension) and cause headaches. By relaxing these tense muscles, especially in the neck, it is possible to relieve the tension causing the migraine headaches. With biofeedback, once the technique is learned there is no longer any need for the biofeedback equipment. The patient with migraine headaches can now produce the desired effect at any. They can control certain bodily functions, such as muscle relaxation, which can help reduce and relieve their migraine headaches.

Most people are unaware that too much salt can cause headaches. And by simply lessening the salt intake headaches can sometimes be prevented.

Food allergies or sensitivities can also cause migraine headaches. Certain foods such as cheese, alcohol, monosodium glutamate (a food additive), nuts, beans, caffeine, chocolate and onions can cause migraines. Foods that cause headaches are called "triggers." People who experience migraine headaches because of food sensitivities can eliminate their pain by simply eliminating the foods causing the pain.

However, it's not always easy to discover which foods are the culprits. One way is to keep a food diary. Get a small notebook, with each page representing one day. On each daily page make three columns. The first column will contain the hours in the day. The second column will be a list of the foods eaten that day. And the third column will list the symptoms that you experience.

As an example, if you had eggs and toast for breakfast at 8 AM you would write "eggs and toast" in the food column that corresponds with 8 AM. Make a note of everything that is eaten on this list and at what time they were eaten.

When you eventually experience a migraine headache you write "migraine headache" or "headache" down in the symptoms column at the time it began. For example, if one of your headaches begins at 2 PM you will write "headache" in the symptoms column for 2 PM.

It may take a few weeks or even a few months, but after experiencing a few migraine headaches, with the help of the food diary, you will be able to tell which foods cause headaches. Over time, by figuring out which ingredients in these foods are causing your pain, you will be able to eliminate these ingredients and relieve some pain.

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Another very common cause of tension headaches and migraine headaches is just plain stress. People who experience tension can get headaches from their increased tension.

Relieving tension can often relieve migraine headaches. Tension can be relieved in many ways such as with biofeedback training (as explained above), taking a warm bath or shower, lying down and resting in a quiet dark room, putting something cold on the back of the neck (at the base of the skull) or having someone massage your neck muscles and possibly your temporal region to help relieve your tension and muscle spasms. Regular exercise can also, over time, reduce tension.

These are just a few of the many natural treatment methods that are available to migraine headache patients. They are all considered safe and are effective for many people. If you have headaches it may be beneficial to try some of these treatments or search out others on your own. But as always it is a good idea to talk with your doctor before attempting to treat yourself for a health problem.

Dr. Larry A. Johnson, D.C. has treated many patients with migraine headaches. He has patented a unique neck pillow that was designed to correct neck problems that cause headaches. For information about his natural approach for relieving migraine headaches please visit his site.

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



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