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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!

Rio Light Mask Photic Stimulation Therapy For Migraines, Headaches and Stress Relief

By Tzaf

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Photic Stimulation – Not science fiction but science fact!

British doctors at the Hammersmith Hospital, London have developed an exciting and revolutionary new drug free treatment that uses photic stimulation in the form of programmed patterns of gently pulsating light shone into closed eyes.

Clinical studies have shown that the Rio Lightmask can stop 3 out of 4 migraines and headaches in their tracks and the average symptom reduction for PMS was a staggering 76%! Clinically and statistically significant positive benefits have also been achieved for insomnia, depression, stress and anxiety, low confidence and low self esteem, irritability, fatigue, poor concentration and food cravings and research into other benefits are ongoing. This truly amazing product offers fast action with no side effects.

The Rio Lightmask is deeply calming and relaxing and easy to use – the ultimate chill-out/de-stressing experience! In fact most users report they drift into deep and refreshing sleep by the end of its unique 15 minute photic stimulation cycle – waking up with a clear head – alert, refreshed, brimming with life energy and ready to take on the world!

Rio Light Mask Accessories:

1. Rio Light Mask 6V Replacement Battery

Battery for the Rio Light Mask.

2. Rio Light Mask Adaptor EU Mains

EU (Europe) mains adaptor for the Rio Light Mask.

3. Rio Light Mask Adaptor UK Mains

UK mains adaptor for the Rio Light Mask.

4. Rio Light Mask Adaptor USA Mains

US mains adaptor for the Rio Light Mask.

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Helpful Tips Offering Relief From Migraine Headaches

By Ignatius Rink

Migraine headaches affect millions of individuals around the world. They are extremely painful and hard to bear. Migraines can last anywhere from one hour to three or four days. Within that time, it may literally be impossible for migraine sufferers to function properly. Although relief might not come right away, there are many options available that soothe or cure migraine headaches.

A migraine is classified as a severe headache that can often impair one's judgment. When a migraine occurs, sufferers regularly experience the following symptoms:

· Headache · Dizziness · Nausea · difficulty seeing

It is not uncommon for migraine sufferers to be unable to look at lights or the sun without suffering intense pain. Migraine headache may be brought on by a variety of things. Children and adults are susceptible to migraines, and they often happen unexpectedly. Migraines can be brought on by stress, certain foods, a poor eating habits, or hormones. Migraine headaches are also hereditary, therefore, there are many families may experience migraine headaches at the same time.

The best way to get relief from migraine headaches is by speaking to your physician. If you suspect that you are suffering from migraines, you most likely are, however, many treatment options must first be prescribed by a healthcare professional. There are physicians who specialize in migraines and other head related pains, however, your family physician can often diagnose and offer treatment options for receiving relief from migraine headaches.

Over the counter pain killers are the best available option for getting quick relief from migraine headaches without visiting a physician. Aspirin, ibuprofen, and acetaminophen are common over-the-counter drug medications that are available at most drug or department stores, and they can normally be purchased at a fairly low price. If you regularly suffer from migraine headaches, it may be a good idea to have some of this medication on hand. There are even over the counter medications designed specifically for relief from migraine headaches. It is important to remember that an excessive dosage of these over-the-counter drugs can cause liver or stomach damage. They relieve, but do not cure, your migraine headaches, nor do they prevent them from returning. Over-the-counter medications offer temporary relief for your migraine headaches, often until you have been properly examined and treated by a physician.

One of the easiest ways to receive relief from migraine headaches is by sleeping. Although it will not eliminate your pain, rest and relaxation is an effective way to help minimize or reduce the excruciating pain of migraine headaches. If you are able to take a break, laying down or just resting inside a dark, quiet room may allow you to order your thoughts and to reduce your stress levels. Sleeping or resting may offer much needed pain relief from migraine headaches.

If you are unable to control the pain associated with your migraine headaches, it is extremely important that you contact your physician. Beta blockers, along with other medications, offer quick relief from migraine headaches, however, they are only available with a prescription. If you experience migraines, do not suffer any longer than you need to. Contact your physician or healthcare professional for effective ways to receive relief from your migraine headaches.

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