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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!**

**The Highway to Health – Bumped Heads**

**By Tony Howarth**

**The Highway to Health – Bumped Heads**

by: **Tony Howarth**

I recently had a reader send me this comment:

There are two main types of head injury – concussion and compression.

- > Sit down and take it easy.
- > Put a cold compress (e.g. wet sponge) on the bump.
- > Try not to worry – or if it's a child, try to reassure and comfort them.
- > Now you can take whatever pain relief you'd usually have for the headache (and see <http://www.thehighwaytohealth.com/> for a whole chapter on relieving headaches).
- > Take it easy for the next three days.
- > Keep a watch out for the signs & symptoms below (and have someone else watch out for you too).
- > You'll soon be wondering what the fuss was about!

>> You need the hospital – and quickly!

>> Anyone who has these symptoms goes straight to hospital.

<http://www.TheHighwaytoHealth.com/>

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## **A Ship For Canadian Highways?**

**By News Canada**

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