



**Your Torturous Headache Pain Can Be Stopped, With Simple But Very Effective Strategies And Without Resorting To Drugs!**

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**FACT: Headaches Affect Nearly 90% of Men and 95% of Women**

All kinds of pains are bad. But there is nothing as mentally exhausting



as a headache. It affects our well-being, our productivity and even our social existence.

After a headache we feel mentally drained and physically exhausted. But then we come to the interesting question, should a bad headache keep a good man down?

To find a solution to this question, it is important that we understand more about headaches.

Headaches are of different types. They can be identified as headaches due to migraine, sinus and tension. Now these headaches are very different but they do affect the same part that is the head in general. So if we understand more about them we can reach an interesting conclusion.

And you know what that is? Headaches are largely preventable. Of course there are a lot of cures available over the counter now but do we really have to wait for the headache to start to resort to treatment? Isn't prevention better than cure? Isn't it better to be proactive than reactive?

I have included 101 tips on how to prevent headaches below. But before we go to the tips, it might be useful to have at least a superficial understanding of the different types of headaches.

## Migraines



A migraine is a splitting headache that just seems to set in apparently due to no reason at all. The reasons for a migraine are mainly vascular. That means that certain changes in the blood vessels that supply blood to the brain trigger of the pain.

Of course, the causes for the changes in the blood vessels may vary from person to person but this is generally how it starts.

Migraines are easily the most common headache syndrome. It affects 10 to 15 percent of the global population. One peculiar feature of a migraine is that it usually starts in childhood or adolescence and is most common in young and middle-aged adults.

The only good thing about a migraine is that it usually stops as people get older. Migraines have nothing to do with a person's background, upbringing, or social class. Migraines do not discriminate.

Migraines have a strong impact on the quality of a person's life. It affects not only the person but also the lives of those who move in close contact with he person. Migraine attacks can some times be so severe that person may have to abandon his or her routine activities for three or four days at a stretch.

Once the pain of a migraine sets in, it is sheer agony. It is almost as if one side of your head is being ripped off. There is very little a person can do to stop this pain.

The good thing about a migraine is that it is transient, that is the pain will go away after sometime. This usually happens after the person gets a few hours of sound sleep. But the worst thing about migraines is that they recur. But migraines too can be prevented to a very large extent as the tips below explain.

There are two main types of migraine, the classic migraine and the common migraine. Both the classic and the common kind can occur as often as several times a week or as rarely as once every few years.

Both types can occur at any time. But for some people at least, it is possible to predict the occurrence of the migraine. For example there is a greater tendency for a migraine near the days of menstruation or every Saturday morning after a stressful week of work.

Although many sufferers have a family history of migraine, the exact hereditary nature of this condition is not known. People who get migraines are thought to have an inherited abnormality in the regulation of blood vessels. The following factors often act as triggers that set off the migraine.

Stress is one of the major factors that can contribute to the onset of a migraine. Now it may not be possible for you to get away from the cause of stress, particularly if it is something connected with your job.

Anger can trigger off a migraine as well. It would be good for short tempered people to learn ways of controlling their anger. The best method is of course the one to ten method. The next time you get angry count to ten very slowly before you really blow your lid. By the time you get to ten you should have cooled down.

Both physical and mental fatigue can lead to a migraine so do not push yourself too much. Enough is enough and when your body starts giving you signals that it has had enough, take heed and stop whatever you are doing. Just bear in mind that a little more productivity on one day is not worth the productivity of the next couple of days.

## **Sinus**

Sinus problems, too, give rise to headaches. The sinuses are small



spaces in the facial bones just below the facial skin.

The spaces are concentrated in the nasal region, temples and around the eyes. Sometimes, due to infection, these spaces get inflamed with mucus and infected as well.

This leads to the headache that is the result of sinusitis. There are many causes for sinusitis which are allergy, a deviated nasal septum, and severe cold, enlarged parts inside the nose, and acute ongoing infection.

## Tension

Tension headaches are also common in many people.



Stress and anxiety are causes for tension headaches.

The moment such a person gets tense about something, the person develops a tension headache. Insufficient sleep, anxiety, problems, and worries give rise to the tension headache.

Stay away from sedatives. Sedatives are not a solution to your sleep problems. Many of them are addictive and their medicine will eventually stop working for you.

Sedatives also affect the time that you wake up. You might get a good night's sleep when you take sedatives, but the chances are rare that you will wake up refreshed.

## **40.**

Each time you get a headache do not reach for your aspirin. Some headaches go by themselves. Do not make you body dependent on aspirin.

## **41.**

Try massaging your temples. Massaging your temples gently stimulates the circulation of blood and relaxes the muscles of the forehead and temples. This itself soothes a person and provide relief from a headache.

## **42.**

Touch therapy is a new technique that is just becoming available to cure headaches. A lot of research is going on this area and even now experts have not been able to identify how touch therapy can help in healing. The best possible explanation is that our bodies are in fact tuned to respond to the touches of others.

When we were babies our mother's touch was perhaps the most reassuring thing in the world. In fact experts are baffled by the way new born babies are able to distinguish between a mother's touch and the touch of a stranger.

As we grow older we delight in the encouraging pats and caresses of our parents and teachers. Even in our social life there is a lot of touching going on. That is probably why people use the hand shake as an exchange of warmth.

So when a person is ill and miserable, the touch of another person especially if it is a person who really cares for you can relieve you of your pain.

The only thing that the person has to do is to be gentle. He or she should stop when the patient has had enough.