DESCRIPTION

Virtually everyone gets a headache at one time or another. Headaches are as common - and as difficult to cure - as the common cold and flu. Headache experts estimate about 90 percent of all headaches are tension headaches and 6 percent are migraines. Tension headaches, as the name implies, are caused by muscular tension. Migraines result from a disturbance in the blood circulation to the brain. Another type of headache is the cluster headache. These are severe, recurring headaches that strike about 1 million Americans, and are widely considered to be the most painful type of headache.

Pain is God’s gift. Without pain you would not be able to live. It tells us something is wrong. Pain is not the enemy it is a sign of trouble elsewhere. No pain no gain we say. If we listen to the pain we can get to the real trouble. This article will have some natural simple solutions for pain treatment. SINthetic drugs will just cover up the pain and make you addicted.

Pain comes from many sources but mostly it means there is a lack of oxygen getting to the tissues.

Pain treatment should start with a review of what kind of pain you might have. For this we want to utilize the acronym "VINDICATE".
VINDICATE from Pain

V -- Vascular; is the pain from circulatory problems. Do your hands get hot or cold when the headache occurs? Usually the hands will get cold with a vascular headache. Put your hands on the carotid artery to warm the hands and cool down the blood to the brain. A vascular headache means that there is something in the vascular system that is upset. One part is getting too much blood and one part is getting too little blood. Recommendation: Circulation Formula.

I -- Intoxication. Are you toxic? Have you been drinking? Are you under the influence of alcohol or drugs? What types of prescriptions, drugs, etc. are you taking? Anyone who is or was addicted needs stability of blood sugar. Recommendation: Substance Abuse.

N -- Neo; cancer pain. Usually the cancer pain gets consistently worse. Month by month there is an increase in the pain, a possible sign of a growing tissue that might be blocking blood flow. Recommendation: Degex & Degex Liquescence.

D -- Deficiency or Excess. Are you deficient in nutrients or do you have excess amounts of nutrients? An excess or deficiency of B6 will cause pain. Recommendation: Essential Fatty Acids, Amino Acid Mineral Liquescence, A-Z Vitamin.

I -- Infection. Do you have an infectious pain? What about the whole immune system? The BAC, FNG and VIR formulas are very important to correct stubborn infections in the cerebrospinal fluid which cause low-grade headaches or pain. Recommendation: BAC, VIR or FNG, as indicated.

C -- Congenital. Have you had this pain since birth? An amino acid scan of the urine and lymph will determine what type of amino acids are present. This will usually tell if there is a congenital problem. Recommendation: Metab.

A -- Allergies. Do you have allergies? Do you get headaches when smelling various fragrances? Does the pain come seasonally? Recommendation: Opsin I & Opsin II.

T -- Trauma. Did you suffer from an injury? Maybe your body has not recovered from an injury. Recommendation: Injury.

E -- Endocrine. Is there an endocrine disturbance? A disturbance in the pituitary gland will likely cause headaches, as well as a hormonal imbalance. Does the monthly cycle of hormones aggravate the pain? Recommendation: Hormonal Stabilizer.

E -- Emotional Stress. Do emotional mood swings prompt pain?

E -- Eyestrain. Is there straining of the eyes?

E -- Exercise Deficiency. How many times a week do you exercise? Lack of exercise may cause pains.
Stress. Does over-work and over-stress prompt the pain or aggravate the pain, often for days after? Recommendation: Anti-Stress.
### Homeopathic Remedies for Headaches

<table>
<thead>
<tr>
<th>Condition</th>
<th>Remedy</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>TMJ pain at temples, in front of ears</td>
<td>Aconitum nappellus</td>
<td>Band-like Sudden Violent Bursting Forehead</td>
</tr>
<tr>
<td>Sinus pain is behind browbone and/or cheekbones</td>
<td>Arnica montana</td>
<td>Bruised Sore Forehead</td>
</tr>
<tr>
<td>Cluster pain is in and around one eye</td>
<td>Gelsemium sempervirens</td>
<td>Band-like Distressing Bursting Tender Vague Neck Eyes Forehead Scalp</td>
</tr>
<tr>
<td>Tension pain is like a band squeezing the head</td>
<td>Bryonia alba</td>
<td>Stitching Tearing Bursting Right-sided</td>
</tr>
<tr>
<td>Migraine pain, nausea and visual changes are typical of classic form</td>
<td>Iris versicolor</td>
<td>Migraine Blurred vision Nausea</td>
</tr>
<tr>
<td>Neck pain is at the top and/or back of head</td>
<td>Nux vomica</td>
<td>Splitting Hangover Nausea Irritable All over</td>
</tr>
</tbody>
</table>

*www.MusingsofAModernHippie.com*
Headaches that occur often may be a sign of an underlying health problem. Symptoms will vary depending upon the type of headache and the cause. See some of the causes below for more information.

# FREQUENT SIGNS & SYMPTOMS

## TYPES OF HEADACHES

Headaches come in a number of forms, differentiated by their causes and specific symptoms. The appropriate treatment depends on the type of headache. The table below lists some of the more common types of headaches and possible treatments for them.

<table>
<thead>
<tr>
<th>Type of Headache</th>
<th>Symptoms</th>
<th>Causes</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aneurysm-Associated Headache</td>
<td>Early symptoms mimic those of cluster headaches and migraines. If an aneurysm ruptures, it can cause sudden extreme pain, double vision, rigid neck, and stroke leading to unconsciousness</td>
<td>A balloon-like bulge or weak spot on a blood vessel wall; high blood pressure.</td>
<td>Keep blood pressure low. If found early, surgery may be necessary.</td>
</tr>
<tr>
<td>Arthritis Headache</td>
<td>Pain in the back of the head or neck, made worse by movement, inflammation of joints and shoulder and/or neck muscles.</td>
<td>Unknown.</td>
<td>Take feverfew supplements. <em>Caution</em> Do not use feverfew during pregnancy.</td>
</tr>
<tr>
<td>Bilious Headache</td>
<td>Dull pain in forehead and throbbing temples.</td>
<td>Indigestion; overeating; lack of exercise.</td>
<td>Colon cleansing may be helpful. See <a href="#">Colon Cleansing</a> for more information.</td>
</tr>
<tr>
<td>Caffeine Headache</td>
<td>Throbbing pain</td>
<td>Caffeine</td>
<td>Ingest a small</td>
</tr>
<tr>
<td>Headache Type</td>
<td>Cause</td>
<td>Symptoms</td>
<td>Treatments</td>
</tr>
<tr>
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</tr>
<tr>
<td>Classic Migraine</td>
<td>Excessive dilation or contraction of blood vessels of the brain.</td>
<td>Severe, throbbing pain on one side of the head, flushing of the face, tearing of eyes, nasal congestion, occurring 1-3 times a day over a period of weeks or months and lasting from a few minutes to several hours each time.</td>
<td>Take supplemental L-Tyrosine, DL-Phenylalanine, Ginkgo Biloba Extract, L-Glutamine, Quercetin. Caution: Do not take L-tyrosine if you are taking a MAO inhibitor drug. Do not take phenylalanine if you are pregnant or suffer from panic attacks, diabetes, high blood pressure, or phenylketonuria (PKU).</td>
</tr>
<tr>
<td>Cluster Headache</td>
<td>Excessive dilation or contraction of blood vessels of the brain.</td>
<td>See <a href="#">Migraine</a> for more information.</td>
<td></td>
</tr>
<tr>
<td>Common Migraine</td>
<td>Severe throbbing pain, often on one side of the head, nausea, vomiting, cold hands, dizziness, sensitivity to light and sounds.</td>
<td>Severe, throbbing pain, often on one side of the head, nausea, vomiting, cold hands, dizziness, sensitivity to light and sounds.</td>
<td>See <a href="#">Migraine</a> for more information.</td>
</tr>
<tr>
<td>Exertion Headache</td>
<td>Generalized</td>
<td>Usually</td>
<td>Take nutritional</td>
</tr>
<tr>
<td>Headache Type</td>
<td>Description</td>
<td>Cause</td>
<td>Treatment</td>
</tr>
<tr>
<td>------------------------</td>
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<td>-----------------------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Eyestrain Headache</td>
<td>Usually bilateral, frontal pain.</td>
<td>Eye muscle imbalance; uncorrected vision; astigmatism.</td>
<td>Correct vision.</td>
</tr>
<tr>
<td>Fever Headache</td>
<td>Headache develops with fever due to inflammation of blood vessels of the head.</td>
<td>Infection.</td>
<td>Reduce fever, apply ice packs.</td>
</tr>
<tr>
<td>Hangover Headache</td>
<td>Migraine-like, with throbbing pain and nausea.</td>
<td>Alcohol causes dehydration and dilation of blood vessels in the brain.</td>
<td>Drink plenty of quality water and fruit juices. Apply ice to neck. See <a href="#">Hangover</a> for more information and relief tips.</td>
</tr>
<tr>
<td>Hunger Headache</td>
<td>Strikes just before mealtime due to low blood sugar, muscle tension, and rebound dilation of blood vessels.</td>
<td>Skipping meals; too-stringent dieting.</td>
<td>Eat regular meals with adequate amounts of complex carbohydrates and protein. See <a href="#">Hypoglycemia</a> for more information.</td>
</tr>
<tr>
<td>Hypertension Headache</td>
<td>Dull, generalized pain affecting a large area of the head and</td>
<td>Severe high blood pressure.</td>
<td>Get blood pressure under control. See <a href="#">Hypertension</a> for more information.</td>
</tr>
</tbody>
</table>

headache during or after physical exertion such as running or sexual intercourse, or passive exertion such as sneezing or coughing.

related to migraine or cluster headaches. About 10 percent are related to organic diseases such as tumors or blood vessel malformation.
supplements; apply cold packs at the site of pain.
<table>
<thead>
<tr>
<th>Headache Type</th>
<th>Symptom Description</th>
<th>Cause</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menstrual Headache</td>
<td>aggravated by movement or exertion.</td>
<td>Variation in estrogen levels.</td>
<td>Take supplements of vitamin B-6, potassium, and extra magnesium.</td>
</tr>
<tr>
<td>Sinus Headache</td>
<td>Migraine-like pain shortly before, during, or after menstruation, or at midcycle, at</td>
<td>Allergies, infection, nasal polyps, food allergies. Often caused by blocked sinus ducts or acute sinus infection.</td>
<td>Increase intake of vitamins A and C; use moist heat to help get sinuses to drain. See <a href="#">Sinusitis</a> and <a href="#">Allergies</a> for more information.</td>
</tr>
<tr>
<td>Temporal Headache</td>
<td>Temporal, above ear, or facial pain, muscle contraction of one side of the face; clicking or popping of jaw; neck or upper back pain; temple pain upon awakening.</td>
<td>Stress, malocclusion (poor bite), jaw clenching, gum chewing.</td>
<td>Consult a health care provider for steroid therapy.</td>
</tr>
<tr>
<td>Temporomandibular Joint (TMJ) Headache</td>
<td>Gnawing, nagging pain over nasal/sinus area, often increasing in severity as the day goes by. Fever and discolored mucus may be present.</td>
<td>Inflammation of temporal arteries.</td>
<td>Reduce stress; use relaxation techniques, biofeedback, nutritional supplements, ice packs. See <a href="#">TMJ - Temporomandibular Joint Syndrome</a> for more information.</td>
</tr>
<tr>
<td>Tension (Stress) Headache</td>
<td>Constant pain, in one area or all over the head; Emotional stress, anxiety.</td>
<td></td>
<td>Apply ice packs on neck and upper back. take</td>
</tr>
<tr>
<td>Condition</td>
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</tr>
<tr>
<td>-------------------------</td>
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</tr>
<tr>
<td>Sore Muscles</td>
<td>Sore muscles with trigger points in the neck and upper back; lightheadedness, dizziness. The most common type of headache.</td>
<td>Worry, depression, anger, food allergies, poor posture.</td>
<td>Supplements of vitamin C with bioflavonoids, DLPA, bromelain, magnesium, and primrose oil. See Stress for more information.</td>
</tr>
<tr>
<td>Tic Douloureux</td>
<td>Short, jabbing pains around the mouth, jaw, or forehead. More common in women over 55 years of age.</td>
<td>Unknown.</td>
<td>Take nutritional supplements. In some cases, surgery may be necessary.</td>
</tr>
<tr>
<td>Tumor Headache</td>
<td>Progressively worsening pain; projectile problems with vision, speech, and equilibrium; personality problems.</td>
<td>Usually unknown.</td>
<td>Surgery and/or radiation.</td>
</tr>
<tr>
<td>Vascular Headache</td>
<td>Throbbing on one side of the head, sensitivity to light and often nausea. Related to cluster headaches and migraines.</td>
<td>Disturbances in the blood vessels.</td>
<td>Lie down and keep your blood pressure under control.</td>
</tr>
</tbody>
</table>
VINDICATE the CAUSES

Common causes of headache include:

- Stress.
- Tension.
- Anxiety.
- High blood pressure (hypertension).
- Allergies, including food allergies. People who suffer from frequent headaches may be reacting to certain foods and food additives, such as wheat, chocolate, monosodium glutamate (MSG), sulfites (used in restaurants on salad bars), sugar, hot dogs, luncheon meats, dairy products, nuts, citric acid, fermented foods (cheeses, sour cream, yogurt), alcohol, vinegar, and/or marinated foods.
- Constipation and bowel problems.
- Coffee consumption.
- Eyestrain.
- Hunger and/or hypoglycemia (low blood sugar).
- Anemia.
- Sinus pressure, sinusitis.
- Diseases of the eye, nose, and throat.
- Muscle tension.
- Hormonal imbalances, including hormonal fluctuations found in premenstrual syndrome (PMS), menopause, pregnancy and postpartum (after the baby is born), and hormone or estrogen replacement therapy (HRT/ERT) and the use of birth control pills, patches, or injections.
- Temporomandibular joint (TMJ) syndrome.
- Bruxism (tooth grinding).
- Spinal misalignment (subluxation).
- Trauma to the head.
- Brain disorders, such as tumors.
- Nutritional deficiencies.
- Alcohol use (hangover).
- Drug use and drug side effects.
- Toxic overdoses of vitamin A, vitamin B deficiency.
- Tobacco use (smoking).
- Exposure to irritants, such as pollution or chemical fume exposure, perfume, or after-shave.
- Dehydration can also cause headaches, often accompanied by a feeling of being flushed, a warm face, and a sense of heaviness in the head. See Dehydration for more information.
• Migraines result from a disturbance in the blood circulation in the head.

PREVENTION

• For environmental allergies: See Hayfever and Allergies for tips on allergy proofing your environment.

• For food allergies, avoid the foods that cause your allergy symptoms by carefully reading ingredient labels and asking about the food preparation methods when dining out. Choose fresh foods rather than prepared or processed foods. Avoid foods that contain MSG and sulfites. Avoid food "triggers". See Allergies for more information.

• Avoid drugs, alcohol, and tobacco use. If you have headaches as a result of a side effect of a drug, consult with your health care provider to see if you can have your dosage or medication changed. See Hangover for helpful tips.

• Avoid chemicals and other irritants that may trigger headaches. See Environmental Toxicity for more information.

• Unstress and reduce life tensions as much as possible. Learn relaxation techniques and practice meditation regularly. Get a good massage to help relax and eliminate tensions that build up in the muscles of the head, neck, back and other parts of the body. This will also help with high blood pressure problems. See Stress for more information.

• If you have problems with your spine, visit your chiropractor regularly. Inquire about using exercises that can help build up weak back and neck muscles. See Chiropractic for more information.

• Visit your health care provider to determine underlying health problems that may need attention.

• To prevent headaches, eat small meals and eat between meals to help stabilize wide swings in blood sugar. Eat a well balanced, nutritious diet daily. Include almonds, almond milk, watercress, parsley, fennel, garlic, cherries, and pineapple in your diet. Avoid getting anemia, hypoglycemia (low blood sugar), bowel problems and constipation, and nutritional deficiencies. Avoid the overuse of nutritional supplements (such as vitamin A). Be aware of dosages, if you do use nutritional supplements.
• Get moderate exercise (regular walking is good), plenty of fresh air, and drink plenty of quality water daily.

• Avoid using birth control that involves hormones, such as birth control pills, patches, or injections. Avoid hormone replacement therapy or estrogen replacement therapy. If you must use hormonal birth control, ask your health care provider to switch you to a low-estrogen formulation or going off the pills for a while. Oral contraceptives can cause a vitamin B-6 deficiency that results in headaches and migraines.

TREATMENT

DIAGNOSIS

Your description of your headaches will help your health care provider to make the diagnosis. The time and pattern of attacks are very important, so keep a diary of your pain. Family members or others who see you during a headache can also help by telling your health care provider how you look and act. Don’t be embarrassed to tell your health care provider about your attempts to relieve the pain (such as banging your head against furniture). These attempts are common, and talking about them will help your health care provider judge how severe the headaches are.

Your health care provider will also give you a physical exam. Tests will probably not be needed to diagnose certain types of headaches (such as cluster headaches), but your health care provider may order tests to rule out other illnesses.

HEADACHE BASICS:

• The most common type of headache is "Tension Headache." These are often dull, oppressive pain occurring in the back of the head and neck or in the forehead and spreads throughout the head. Tension headaches generally develop gradually, often involve the entire head as well as the neck and shoulders. They probably are not actually caused by increased muscle tension, although muscle relaxation techniques can be very useful in treatment. Stress or bad posture can contribute to their occurrence. Most people get tension headaches occasionally and these can usually be treated simply. Some people get them often, but there are usually some useful interventions to help decrease the number of sick days.
Simple Headaches have hammering, buzzing, pulsing in the head. Causes may be stress, sensitivity to weather or changes in atmospheric pressure, high blood pressure, fever or lack of oxygen.

Migraine Headaches are "bad headaches." With classic migraine, the headache is preceded by a feeling that a headache will develop (prodrome) followed by visual phenomena such as dark or bright spots, streaks of light, or tunnel vision (aura). The headache then develops, usually on one side. It is throbbing in nature, accompanied by nausea and increased sensitivity to light and noise.

Most people with migraine headaches do not experience prodrome or aura. Common migraine headache, like classic migraine headache is treatable and often preventable. Hereditary factors or circulatory disturbances in the brain are common causes.

Migraineurs, those who develop migraine headaches often have a family history of migraine headache and they have headache triggers. People who get headaches when they don't have enough of their daily caffeine are migraineurs. They would have fewer migraines if they completely eliminated caffeine. Chocolate, red wines, nuts and cheeses are common food triggers. Migraines before or during menstrual periods are common. Not all migraineurs get terrible headaches, but some certainly do. Migraine is an important cause of lost days of school, work and enjoyment.

Women who smoke and who experience migraine headaches with aura have more than twice the risk of stroke if they take estrogen-containing birth control pills than those who use non-estrogen-based contraception. Changing to a non-estrogen or very low-estrogen contraceptive not only can reduce the risk of stroke but can dramatically decrease the number of headaches.

Cluster Headaches are headaches lasting a few minutes to several hours, but it usually lasts for 30 to 45 minutes. Cluster headaches typically occur day after day at the same or a similar time each day over a period of several weeks, until the "cluster period" is over. Cluster periods usually last 4 to 8 weeks and may occur every few months. At other times, no cluster headaches will occur.

They are a sharp, piercing, burning pain and start suddenly. People with cluster headaches often describe the pain as similar to an icepick. The pain is usually behind or around one eye and is very severe. The eye and nose on the same side as the pain may become red, swollen and runny. Cluster headaches also cause restlessness. These headaches can be frightening to the sufferer and his or her family.

The cause of cluster headaches is not known. Cluster headaches do not appear to be related to other illnesses or to diseases of the brain. They do not seem to run in families but they are more common in men, and are more difficult to treat than most headaches. Interestingly, oxygen therapy will often stop a daily cluster
headache. Many of the medications used to prevent or treat migraine headaches are used to treat cluster headaches.

During a cluster period, it is important to keep to your usual routine, remain calm and avoid changing your sleep pattern. Once a cluster period has started, a change in sleep pattern, particularly taking an afternoon nap, seems to bring on the headaches. Drinking alcohol will also bring on headaches during cluster periods. This happens very quickly -- before you finish the first drink. Alcohol should be completely avoided until the cluster period is over. Stress may bring on attacks, and the headaches may start when you are relaxing after a stressful time.

- **Combination Headaches** are dull oppressive pain that usually begins in the morning and reoccurs between migraine attacks. Cause is unknown.

- **Sinus Headaches** are those frontal headaches that some people experience with sinus infection and with changes in the weather. Allergies can also provoke them.

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CONVENTIONAL MEDICAL TREATMENT FOR HEADACHES

Twenty million Americans see their health care providers each year because of a headache. Although headaches can be very uncomfortable and temporarily disabling, most are not associated with serious illness. They can often be relieved by resting in a quiet room or by taking a non-prescription pain killer such as ibuprofen or acetaminophen.

When a person has a headache, several areas of the head can hurt, including a network of nerves that extends over the scalp and certain nerves in the face, mouth and throat.

Rarely, headache is a symptom of a dangerous condition such cerebral aneurysm, brain tumor, stroke, TIA, meningitis, or encephalitis. Very high blood pressure can cause headaches and this situation is a medical emergency. However, high blood pressure usually causes no symptoms at all, despite the damage that years of high blood pressure can do to blood vessels, heart, brain, and kidneys. If you have any doubt about your headache, contact your health care provider.

Always seek and treat the cause of the headache, not the symptom. Long-term over-reliance on aspirin, acetaminophen, and other non-prescription pain killers can make chronic headaches worse by interfering with the brain's natural ability to fight headaches. If you are using non-prescription pain killers more than 4 times a week, talk to your health care provider about other ways to control the
pain.

If you suffer from headaches while taking birth control pills or hormone replacement therapy (HRT) or estrogen replacement therapy (ERT), talk to your health care provider about switching to a low-estrogen formulation or going off the pills for a while. Oral contraceptives can cause a vitamin B-6 deficiency that results in headaches and migraines.

CONVENTIONAL HEADACHE TREATMENT:

To avoid headaches, employ good health habits. These include adequate sleep, healthy diet, regular exercise and good stress management. Quitting smoking is essential in reducing the risks for all headaches.

Relaxation and related stress reduction therapies can diminish the frequency and intensity of headaches. Alternative therapies used for headache management include hypnosis, biofeedback, meditation, visualization and guided imagery, acupuncture, acupressure, yoga and other physical relaxation exercises.

Any over-the-counter pain medications like aspirin, ibuprofen, naproxen sodium or acetaminophen can be very useful. No one medication has ever been proven to be more effective than the other, though there is great variability in effectiveness from person to person. There is no difference in composition or effectiveness between migraine-formula over-the-counter preparations and their non-migraine brand names, other than the higher cost of the migraine-formula brands. Narcotics such as codeine and Demerol are generally not useful for treating headache and are seldom prescribed for it any more.

The drug sumatriptan (Imatrex) is sometimes prescribed for relief of migraines. This drug works by increasing the amount of serotonin in the brain. It is relatively expensive, however, and must be administered by injection (it is sold in the form of a home injection kit). Possible side effects include increased heart rate, elevated blood pressure, and a feeling of tightness in the chest, jaw, or neck.

Some health care providers prescribe the drug Lidocaine (Anestacon, Xylocaine) for cluster headaches. Used in nose drop form, it gives relief in minutes.

Women who suffer from migraines may benefit from using progesterone cream topically.

There have been dramatic improvements in very selective medications that can be taken to stop migraine headaches. These are available by prescription only and are generally not effective for non-migraine headaches.

Virtually any of the headache medications, prescription or over-the-counter, can actually cause headaches if taken on a daily basis. Too much acetaminophen can
damage the liver and too much aspirin, ibuprofen, or naproxen sodium can damage kidneys and cause ulcers.

People with daily or frequent headaches will be interested to know that there are often very effective methods of headache prevention. Primary prevention is always valuable. Migraineurs can try to avoid triggers. For anyone with frequent headaches, stress management and improvement of overall fitness through diet and exercise are important. Tobacco cessation can be extremely effective in decreasing headache frequency, even though headaches may at first intensify.

There are many different groups of medications that are also used to decrease headache frequency. Tricyclics, beta blockers, calcium channel blockers and neuroleptics are classes of medications that contain useful preventive drugs. All are available by prescription only.

Several treatments are available for cluster headaches. It is important to work with your health care provider to talk about side effects of different medicines, pick the right treatment for you and set up a schedule for taking the medicines your health care provider prescribes.

Your health care provider will probably prescribe 2 medicines. One medicine is taken regularly during a cluster period to reduce the number of headaches. In order for the medicine to work, the level of the drug in your blood must be high at the time your attacks usually start.

The second medicine is taken to relieve the pain when a cluster headache occurs. Attacks begin too quickly for you to reach medical help. You must be ready to take this medicine as soon as an attack begins. You may want to teach family members about your headaches and medicines so that they will be able to help you when you have an attack.

Medicines taken by mouth work too slowly to give relief for cluster headaches. For this reason, your health care provider may prescribe a medicine that is taken by inhaler, as an injection (a "shot") or as a rectal suppository. Other treatments that work for some people are rapidly breathing pure oxygen through a mask or using a local anesthetic (numbing medicine) in their nose. Some health care providers prescribe the drug lidocaine (Anestacon, Xylocaine) for cluster headaches. Used in nose drop form, it gives relief in minutes.

In one study, twenty adults suffering from long-term cluster headaches squirted a capsaicin solution in their nose daily for five days. Within ten days of the last dose, there was a 67 percent drop in the number of cluster attacks.

Although cluster headaches are very painful, with the right treatment most people cope very well. Preventive medicines work well to reduce the number of headaches during cluster periods. When a cluster headache does occur,
medicines can greatly shorten the headache and reduce its severity. It is important that you work with your health care provider to find the right treatment for you.

HOME TREATMENT

- Apply cold compresses to the spot from which the pain is radiating. This helps relieve headaches by constricting blood vessels and easing muscle spasms. Leave a damp washcloth in the freezer for 10 minutes or use a cold gel-pack.

- Use a heating pad, hot water bottle, or hot towel to relax neck and shoulder muscles, which can cause muscle contraction headaches when they are too tight.

- For headaches caused by sinus congestion, try self-massage. By applying pressure to specific areas of the head, you can open up the sinuses and ease tension. Rub the area surrounding the bones just above and below the eyes, and massage the cheeks directly in line with these points. Lean your head forward slightly to facilitate sinus drainage. Applying heat to the sinuses, either with compresses or with steam inhalation, can also be beneficial.

- Be sure to get sufficient sleep. Inositol, tryptophan, and/or calcium, if taken before bedtime, aid sleeping. A grapefruit half also helps. Do not eat sweet fruit or anything else sweet after 5:00 P.M. Inositol and/or Calcium, if taken before bedtime, aid sleeping.

- If you must eat a food to which you suspect you may be sensitive, use Charcoal Tablets (from a health food store or online). Take 5 tablets within an hour before eating, and 3 tablets after eating. As soon as possible, take a cleansing enema and a coffee retention enema. See Enemas for more information. If you have severe headaches after consuming a food, this will relieve it quickly by eliminating the allergenic substances. Do not take charcoal tablets daily, however, as they also absorb the good nutrients.

- If you get a headache every time you exercise, see your health care provider to rule out heart problems. A headache that begins with exercise and then subsides after rest can be a cardiac headache.

- If you suffer from more than the occasional tension headache, keep a headache log or journal to help your health care provider diagnose your condition. Keep the log for at least two months, noting the time of each headache, description of the pain (throbbing or dull), its severity, location, and duration. You might note the activity you were doing as well as your most recent meal (in case the headache was brought on by stress, exercise, or a food sensitivity.)
• Always seek and treat the cause of your headache, not the symptom. Long-term overreliance on aspirin, acetaminophen, and other non-prescription pain-killer medications can make chronic headaches worse by interfering with the brain's natural ability to fight headaches. If you are using non-prescription medications more than 4 times per week, talk to your health care provider about other ways to control the pain.

**MoonDragon’s Health Therapy: Pain Control**

• Acupressure is helpful for tension headaches and pain. Take your thumb and press firmly underneath your skull, at the back of your neck, for one to two minutes. See acupressure below for more information about where and how to do this therapy.

• For headaches caused by sinus congestion, try self-massage. by applying pressure to specific areas of the head, you can open up the sinuses and ease tension. Rub the area surrounding the bones just above and below the eyes, and massage the cheeks slightly in line with these points. Lean your head forward slightly to facilitate sinus drainage. Applying heat to the sinuses, either with compresses or with steam inhalation, can also be beneficial. See acupressure below for more information about where and how to do massage.

**MoonDragon’s Health Therapy: Steam Inhalation Therapy**

**MoonDragon’s Health Therapy: Hot & Cold Therapy**

**HOMEOPATHY**

• Use a homeopathic remedy suitable for the particular headache symptoms you are experiencing.

  • **Belladonna**: Helps with sudden, severe pain that is worse on the right side of the body.

  • **Natrum Muriaticum**: Nat mur is recommended for tension headaches & periodic headaches.

  • **Sanguinaria**: Sanguinaria Canadens (Bloodroot) is good for pain that is sharp and splitting.

  • **Kali Bichromicum, Arsenicum Album, Mecurius Solubilis, and Pulsatilla** all encourage drainage of the sinuses.
If you experience a headache that does not subside, but instead progressively worsens over the course of a week, consult your health care provider. This can be a sign of an underlying organic problem such as a tumor.

HANGOVER HEADACHE

Tips to Ease Alcohol Overindulgence

Whether it be the onset of the holiday season with the usual invitations to parties and open houses or anytime during the rest of the year in which you may over-indulge in alcoholic beverages, it is always wise to follow a few helpful tips on preventing the hangover headache. The discomfort of the dreaded hangover headache is experienced the morning after because alcohol causes blood vessels to swell or dilate which, in turn, triggers headache pain and may cause slight sweating. The alcohol also acts as a diuretic, which leads to dehydration.

To help avoid or lessen the suffering associated with hangover headache that often accompanies these festivities of overindulgence, here are some common sense advice and a headache-free drink recipe.

• If you choose to drink alcohol, do so in moderation. Try to sip your drink slowly. Mixed drinks containing fruit or vegetable juices will probably have less effect than straight alcohol. Avoid red wine, which
contains naturally occurring chemicals called congeners. Congeners impart the specific characteristic tastes to different types of wine and other alcoholic beverages. Unfortunately, they also may play a role in causing headaches. Congeners are more common in red than white wine. Also, it is advisable to reduce the actual number of alcoholic beverages you consume. Spend time catching up with an old friend at the snack table with a soda or glass of water.

- Eat some honey. Honey supplies fructose, a sugar that helps the body metabolize the alcohol ingested, is rich in vitamin B-6 and can reduce any hangover symptoms. Two tablespoons of honey on a cracker or piece of toast, before or after drinking, may prevent a hangover. Tomato juice, another good source of fructose, also allows the body to burn alcohol faster. The sugar in fruit and fruit juices may also reduce some symptoms of hangover, so consumption of these products can be beneficial.

- Drink fluids containing minerals and salts. Liquids rich in minerals and salts offer relief from the dehydration caused by alcohol consumption. A cup of broth or bouillon, for example, will replace fluid and will not cause nausea. In general, replacement of fluids with beverages, such as sports drinks or water, is helpful.

- Drink a cup of coffee. Caffeine may provide some relief in alleviating the headache symptoms and decreasing the duration of pain. The caffeine acts as a vasoconstrictor and eases the dilated blood vessels. Consider drinking a cup of coffee as soon as you wake up in the morning.

- Take Ibuprofen. While aspirin is okay, Ibuprofen is typically less irritating to the stomach, and can also ease the pain of hangover headache.

- Alternate non-alcoholic beverages with alcoholic beverages. Drinking one non-alcoholic beverage between each alcoholic beverage reduces overall alcohol consumption and helps replenish fluids. An easy way to achieve this is when ordering a drink at the bar, ask for a glass of water in addition to your alcoholic beverage of choice.

- Eat greasy food before consuming alcohol. While it is wise to be health-conscious and avoid too much of these foods in general, this is a situation where eating fatty foods may be helpful. If consumed prior to drinking alcohol, these foods help line the intestines, which causes alcohol absorption to take longer. In other words, a burger or burrito before your beer or Bloody Mary might be beneficial. It is always a good idea to eat before consuming alcoholic beverages. Never drink on an
empty stomach.

A "Champagne Fooler" is a good headache-free recipe substitute for an alcoholic beverage:

CHAMPAGNE FOOLER

1-1/3 cups of Apple Juice
1 teaspoon Lemon Juice
12 ounces Club Soda

Chill four glasses. Mix together apple juice and lemon juice. Add club soda and stir gently to blend. Pour into glasses and serve immediately. Yields 4 servings.

While a headache caused by drinking too much may be more common during festive times of the year, chronic headaches can be a problem at any time. Headaches are a legitimate biological disease which are treatable. If you are experiencing headache pain on a routine basis, make a specific appointment with your health care provider to discuss your headache problem and seek accurate diagnosis and treatment.

CONSIDERATIONS

- Headaches are often caused by allergies. A food diary can help identify offending foods. See Allergies for more information.

- Poor vertebral alignment may cause reduced blood to the brain. This is often caused by flat feet or by high heels. Chiropractic adjustment can help. Routine chiropractic spinal manipulation and deep neck muscle massage can reduce the frequency of headaches and the need for pain-relieving medications.

- Regular exercise can help prevent headaches caused by tension and may also reduce the frequency and severity of migraines. But headaches with organic causes can be made worse by exercise. Talk to your health care provider about your headaches before using exercise to control the pain.

- Researchers are studying the possibility that the trigeminal nerve pathway (the site of the nerve responsible for sensation in the face, mouth, and nasal cavity) and the brain chemical serotonin are factors in severe headaches. Disturbances
in serotonin levels increase before onset and then decrease during the headache phase. In chronic tension headaches, serotonin levels remain low all the time. As a result of lower serotonin levels, an impulse moves along the trigeminal nerve to blood vessels in the meninges, the brain's outer covering. This causes blood vessels in the meninges to dilate and become inflamed and swollen. The result is a headache.

- There are a number of common misdiagnosis of headache, including sinus pain, allergies, and temporomandibular joint syndrome (TMJ). What many people think are sinus headaches are really migraines. Sinus infections can cause brief, intense bouts of head pain, but recurring headaches are more likely to be tension headaches, migraines, or cluster headaches. Facial pain, pain in the temples, or pain above the ear is sometimes diagnosed as temporomandibular joint (TMJ) headache, caused by the joint of the jawbone being out of alignment. But this too may actually be one of the common types of headache, which may be triggered or aggravated by the joint.

- Carbon monoxide poisoning can cause headaches, in addition to nausea, vomiting, and neurological problems. Some 200 Americans die each year, and another 10,000 are treated in emergency rooms for carbon monoxide exposure from leaking furnaces, gas ranges, and water heaters. Early signs of carbon monoxide poisoning are sometimes misdiagnosed. One way to protect yourself and your family is to invest in a carbon monoxide detector. These can be purchased at hardware stores or online.

These are only a few of the many types of Carbon Monoxide Detectors available through Amazon.com. For a full listing, use the search box towards the bottom of this page.
HERBAL & HOLISTIC RECOMMENDATIONS

A headache, one of the body's most powerful alarm signals, is often a sign of physical or psychological overload. There are several types of headaches, and they differ according to how and where the pain occurs. These include tension, cluster, simple, combination headaches and migraines (an intense form that is often accompanied by nausea and impaired vision). The pain can be triggered by many things. A common headache cause is tense muscles in the head or neck. Headaches may also be a symptom of stress, caffeine withdrawal, allergies, certain infectious diseases or the result of too much alcohol. Constricted or expanded blood vessels, as well as altered pressure in the head (which may occur when the weather changes), can also produce headaches. Natural methods - including relaxation exercises, massage, and homeopathic remedies - can often be as effective as standard medications in preventing or relieving the pain caused by the different forms of headache.

WHAT YOU CAN DO

Headaches can be alleviated by cold compresses, baths, acupressure and relaxation techniques. You should minimize your exposure to external stimuli, exercise in fresh air and abstain from smoking and alcohol.

RELAXATION & AVOIDANCE OF STIMULI

Create a soothing environment, free of such external stimuli as light and noise. Ventilate the room. A fan will help circulate the air (but don't let it blow directly on you). Close the windows and draw the blinds / shades. Turn off the radio and TV and unplug the phone. If the area is still noisy, put cotton balls or ear plugs in your ears. Consciously try to relax, preferably with the aid of a relaxation technique, such as yoga.

MoonDragon's Health Therapy: Relaxation
MoonDragon's Health Therapy: Meditation
MoonDragon's Health Therapy: Hypnotherapy

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HELP FROM ACUPRESSURE OR ACUPUNCTURE

Acupuncture should only be performed by qualified acupuncturists. It can be of great benefit for chronic pain disorders.

Acupressure massage can be performed by you or someone else assisting you. Use your thumb and index finger to press against various points such as the bridge of your nose at the corners of your eyes, or rub the center of the fleshy webbing between your index finger and thumb. It’s important to drink plenty of warm water after the massage, helps to clear away toxic substances in our body. Acupressure requires no needles and can be performed as needed at home or any other place a headache comes on.

Try these following techniques for headache relief. Hold each acupressure point for up to two minutes.

Step 1: Place your index fingers under the top bone of your eye sockets near your nose. Apply pressure.
Step 2: Slide your fingers to the top of your eye sockets. Apply pressure. Move your fingers to the side of your eye sockets toward the outside of your eye. Apply pressure again.
Step 3: Press your fingers between and about 1/4 inch above your eyebrows. Apply pressure. Slide your fingers up 1 inch, and apply pressure.
Step 4: Move your fingers up your forehead, applying pressure about every inch. Work your fingers in a straight line up over the top of your skull, continuing to administer pressure to points about every inch.
Step 5: Massage at one inch points in a straight line down the back of your head.
toward your neck. Continue down your neck with the massage until you reach your shoulders.

ACUPRESSURE FOR RELIEVING HEADACHES

Obtained from: Chinese Holistic Health Exercises

ACUPRESSURE FOR RELIEVING HEADACHES

1. Head acupressure point (Gb20):
   Time needed: 1-2 minutes.

   Benefits: Relieves and prevents headache, particularly in the temple region and on the sides of your head.

   How: Standing, sitting or lying on your back. Put your hands on your head and use your thumbs to locate the depressions at the base of your skull, about 6 cm (2 inches) out from the middle of your neck. The points are just to the outside of the large muscles running down the side your neck. Press your thumbs in and slightly upward in the direction of your eyes. Press till you feel no more than a comfortable pain, then hold the pressure while you knead the points in very small circular movements for 1-2 minutes.

   Tips: Close your eyes and focus on the points as you press them; if the points are very tender ease off the pressure a bit.
2. Hand acupressure point (Co4):

*Note: Not to be pressed during pregnancy (particularly in last trimester) as it can stimulate uterine contractions.*

**Time needed: 2-3 minutes**

**Benefits:** A major acupressure point to relieve general head and face pain, e.g. headache, toothache, sinus pain.

**How:** The point is located on both hands, about 3-4 cm (1.5 inches) in from the edge of the webbing between your thumbs and index fingers. Put your left thumb on the right hand point and your left index finger on the other (palm) side of the webbing to create a pinching technique. Squeeze and massage the point in very small circular movements for 1-2 minutes. Repeat on the other hand.

**Tips:** Press and knead these points anytime you have pain in your head or face; close your eyes and focus on the points as you press them.

If you have yet to try acupressure for relieving headaches then learn the above two points.
USING ACUPRESSURE TECHNIQUES FOR ASSISTING HEALTH PROBLEMS

Acupressure massage promotes blood and energy flows, smoothes meridians and regulates organs, and thus benefits the overall physical condition. By selecting the appropriate acupoints and techniques, acupressure massage can be an effective complementary treatment for many health problems. Generally, you just need to select an appropriate massage plan that suits your health need, perform it in the morning and evening and make it last 20-30 minutes each time. When kneading or pressing on particular points, there should be enough force to bring about numbness or soreness, while rubbing or wiping should create a feeling of warmth. This section introduces massage plans for some common headache problems, which are recommended to be used once or twice a day or as needed.

MASSAGE TO RELIEVE HEADACHE

A headache is a symptom of many acute and chronic conditions. Traditional Chinese Medicine (TCM) claims that headache is either due to pathogenic obstructions or inadequate nourishment in the head region. Acupressure massage is most suited for headache due to flu, migraine or muscular tension. See chart above for step numbers to match instructions below.

1. Press and knead between the eyebrows 30 times.
2. Wipe the forehead with the middle knuckles of the index fingers, 30 times.
3. Thumb-knead the temples 30 times, then wipe back towards the hairline 30 times.
4. Press and knead the depressions below the occipital bone (Gb20), at the bottom of the skull, 30 times.
5. Clench the fists and beat the middle of the back of the opposite shoulder (Gb21), 15 times on each side.
6. Nip and knead the middle part of the palm web, between the thumb and the index finger (Li4), 30 times on each hand.

Add the following steps for individuals with:

*Migraine:*

7. Use the middle fingers to knead the corners of the forehead inside the hairline (St8), 30 times. Firmly wipe again the temple of the affected side, 20 times. Nip and knead the back of forearm 2-finger-breadths above the wrist (Sj5), 30 times on each side. Nip and knead on the back of the palm between the ring and little finger (Sj3), 30 times on each side.

*Headache Located In The Crown:*

8. Knead the center of the crown of the head (Du20), 30 times.
9. Knead the front of the forearm, 2-finger-breadths above the midline of the wrist (Pc6), 30 times on each side.
10. Knead the dorsum of the foot in the depression between the big toe and the second toe (Lr3), 30 times on each side.
11. Rub the center of the sole of the foot (Kl1), 30 times on each side.

*Headache Located In The Back Of The Neck:*

4. Knead the back of the head with the thumbs, 30 times.
7. Knead the base of the little finger (Si3), 30 times on each side.
A SOOTHING FOOTBATH

A footbath diverts the blood supply from your head to your feet. Bathe your feet in a basin of 95°F water. Add hot water at 5 minute intervals until 115°F is reached. After soaking your feet for 5 minutes, pour in cold water until the temperature is lukewarm. Put on wool socks and lie down for about 20 minutes.

POULTICES FOR PAIN

- **Cold Compress:** Moisten a cloth with cold water, put 2 drops of Peppermint Oil on it and apply it to the painful area for about 15 minutes.

- **Potato Poultice:** Cut 2 large potatoes into quarters and boil until tender. Mash them and press out the excess moisture. Wrap the warm mixture in a cloth; place it on the back of the neck for about 15 minutes.

- **Horseradish Poultice:** Add a small amount of water to finely grated horseradish. Wrap it in a cloth; apply it to the neck for not more than 5 minutes. This will stimulate the skin, which helps extinguish headache pain. If your skin is sensitive, spread cream over your neck before applying the poultice.

EXTRA TIP!

This time-tested home remedy can provide quick headache relief. Put a few drops of fresh lemon juice into a cup of black coffee and drink it in small sips. **Warning:** This is not for people with sensitive stomachs!

HERBS

The following herbs may relieve headache pain, depending upon the underlying cause:

- **Brigham Tea,** also called Mormon Tea. Brigham Tea herb was used by early settler’s for energy and lung ailments. Brigham Tea was used anciently to promote circulation.
• **Burdock Root** is traditionally used for skin disorders associated with adolescence. It is also one of the most effective herbs for cleansing the blood without side effects of nausea.

• **Fenugreek** combats diabetes, the fastest growing disease in America by regulating the rate at which the body absorbs sugars. In addition to increasing milk supply of nursing mothers, Fenugreek has been commonly used to treat bronchitis, arthritis, kidney problems, and male reproductive conditions. Numerous studies have also found that Fenugreek can reduce blood sugar and serum cholesterol levels in people with diabetes. Fenugreek is high in fiber so it can be used to treat constipation as well. Steep 1 teaspoon of fenugreek seed in 1 cup of water, covered, for 10 minutes. Drink 1 cup a day to help allergy/hay fever symptoms.

• **Feverfew** is an herb which was recommended by herbalists for centuries for sinus-like headaches. Modern science has identified aspirin-like compounds which could reduce inflammation. Do not use Feverfew during pregnancy.

• **Goldenseal** Goldenseal is primarily used as a topical for wounds that are not healing well. It is known that berberine, a constituent of Goldenseal, has shown strong activity against a wide variety of bacteria and fungi. Goldenseal is most effective by direct contact; however, it can also be effective for sore throats and the digestive tract problems because it can contact the affected area directly. Goldenseal has been used to treat urinary tract infections as well. Often Goldenseal is taken with echinacea as an "immune booster" and antibiotic for the prevention and treatment of colds. Do not take Goldenseal internally on a daily basis for more than one week at a time, do not use it during pregnancy, and use it with caution if you are allergic to ragweed.

• **Lavender** works as an antispasmodic and sedative. This herb has been widely used to relieve headaches, reduce hysteria and stress, eliminate insomnia, soothe muscle aches, bug bites, rashes, colds, chest infections, and rheumatism, and even reduce flatulence. The sedative effects of Lavender have been well documented in medical studies and found to be effective in reducing caffeine induced hyperactivity.

A HELPFUL HEADACHE REMEDY

Run yourself a warm bath to alleviate tension and relax blood vessels. Combine the following essential oils with an emulsifier, such as cream or honey:
- 3 Drops Chamomile Essential Oil
- 3 Drops Lavender Essential Oil
- 3 Drops Rosemary Essential Oil

Add the mixture to the bathwater.
• **Lobelia** has been used as a respiratory stimulant for chronic bronchitis and spasmodic asthma. It is also used as a blood cleanser and has been used to lessen the effects of epilepsy, diphtheria, and tonsillitis. The oil of Lobelia has been a valuable resource in treating tetanus. Lobelia is also used as a sedative. Externally, an infusion of Lobelia can be used to treat ophthalmic disorders, and the **Lobelia Tincture** is used as a topical for sprains, bruises, or skin diseases. It has also been suggested that Lobelia may reduce cravings and nervousness associated with smoking withdrawal. Do not take lobelia on an ongoing basis.

• **Marshmallow** - The primary use of Marshmallow leaves and flowers is to relieve digestive and respiratory problems, such as dry coughs, colds, sore throats, bronchitis, pleurisy, and asthma, but is also recommended for Crohn's disease or ulcers in reducing discomfort, diarrhea, fluid retention, and skin inflammation. This herb has been used to help heal ulcers and the gastric inflammation associated with irritable bowel syndrome (IBS). Marshmallow root is used in treating irritated tissues in urinary tract infections such as cystitis, colitis, and diverticulitis. It is used to aid the body in expelling excess fluid and mucus, and soothes and heals skin and mucous membranes. Externally, Marshmallow is used in a poultice to treat skin ulcers and boils.

• **Mint/Peppermint** - As a home remedy, Mint is used for indigestion, flatulence, and colic. Chewing fresh Mint leaves will get rid of stale breath. Mint tea works well in treating colds, sore throat, minor mouth or throat irritations, headaches and migraines, diarrhea, heartburn, nausea, and stomachache. Peppermint oil has been recognized by Germany's Commission E as effective in treating colicky pain in the digestive tract, specifically irritable bowel syndrome, and in relieving mucus congestion of the lungs and sinuses caused by colds and flu. Some evidence suggests it might be helpful for gallstones and in treating candida infections, but results are not complete at this time. Menthol has antispasmodic qualities that may help relieve menstrual cramps. It is also found in products used for the relief of muscle aches, sprains, and similar conditions.

• **Rosemary** - Rosemary is one of the oldest known medicinal herbs. It was most commonly used to enhance mental functions. The Greeks used it to improve memory. In Medieval times, Europeans were said to have used the herb for mental acuteness and increased intelligence, but it was also used as a cardiac and kidney tonic. Rosemary increases blood flow to the muscles, head, brain, and is effective in reducing the toxic effects of stress. In Europe it is used as an aid to liver function and is particularly useful for ameliorating liver congestion and inflammation. In addition to helping the heart and liver, Rosemary also helps reduce high blood pressure. Other common uses include the treatment of "nerves", digestive disorders, gas, palsy, weak memory, dizziness, migraine, dandruff, jaundice, consumption, and menstrual pains. Rosemary can also
stimulate hair growth, restore appetite, and improve sight. Taken in powdered form, it is a helpful remedy for migraines.

- **Skullcap** can be used in treating allergies such as asthma, hay fever, eczema, and nettle rash. This herb is used to treat fevers, coughs, and gastrointestinal infections that bring on diarrhea. It also works as an appetite stimulant. This herb also increases the volume and flow of urine and is therefore helpful in treating urinary and kidney problems. Baical Skullcap acts as an antispasmodic agent and has a sedative effect. It is used to calm nerves, distress, and or irritation. It also improves circulation, lowers blood pressure, and is useful in treating arteriosclerosis and varicose veins, and also helps prevent blood clots. It is good for headaches related to muscular tension and spasms.

- **Thyme Leaf** has been used extensively for the high thymol, phenol, and carvacol content in Thyme oil. Thyme leaf is also a popular culinary herb. Thyme (Thymus vulgaris), a sweet smelling herb, has been used traditionally for common winter ailments.

- **Cayenne** thins the blood, which reduces pain and allows beneficial blood flow.

- **Chamomile** relaxes muscles and soothes tension. If you are allergic to ragweed or other pollens, use Chamomile carefully.

- A salve made from **Ginger, Peppermint Oil**, and **Wintergreen Oil** rubbed on the nape of the neck and temples can help relieve tension headaches. For sinus headaches, rub the salve across the sinus area. Avoid the eyes.

- **Ginkgo Biloba Extract** improves circulation to the brain, and may be helpful for certain types of headache.

- **Guarana** can alleviate cluster headaches.

- **Ginger** has been shown in several studies to be helpful for pain relief. Ginger Tea Recipe: 4 cups of water, 2 inch piece of fresh ginger root, and optional: honey and lemon. Peel the ginger root and slice it into thin slices. Bring the water to a boil in a saucepan. Once it is boiling, add the ginger. Cover it and reduce to a simmer for 15-20 minutes. Strain the tea. Add honey and lemon to taste. Note: Keep in mind that if you are making this tea to strengthen the immune system and ward off colds and flu, sweeteners are not recommended.

- **Jamaica Dogwood** is good for sinus headache. Jamaican Dogwood is considered a relatively powerful remedy for migraine and neuralgia. The herb is also used to treat ovarian and uterine pain. The main use of the herb, however, is to treat insomnia caused by nervous tension or pain.

- **Kava Kava** is helpful for tension headaches. **Kava Kava** root promotes relaxation and is used by the native inhabitants of the South Pacific as a
ceremonial drink to relax the body, relieve stress and anxiety, and enhance mental activity.

- **Meadowsweet** is an anti-inflammatory agent. Meadowsweet has a long tradition of use in folk medicine as a treatment for coughs and colds. Its astringent and demulcent properties have been borne out by research, and the German government recognizes meadowsweet tea as a treatment for colds and coughs. Meadowsweet contains salicylic acid, the main constituent in aspirin, and has its analgesic and fever-reducing properties. Meadowsweet is also traditionally used to relieve pain associated with rheumatism, menstrual cramps, headache, arthritis and low grade fever. It also seems to be effective against bacteria that causes diarrhea and may inhibit blood clotting. Since meadowsweet contains small amounts of salicylate, it should not be used by people with a sensitivity to aspirin or similar products. For the same reason, it should not be used by children under the age of sixteen with high fevers, particularly if the cause may be viral, because of the rare but very real risk of Reyes syndrome. It is not recommended for use by those taking blood thinning medications.

- **Valerian** root is a good sedative to take during a headache. Valerian is a calmative and tranquilizer. It has been used at least since the time of Hippocrates (460-377 B.C.E.) for treating headaches, insomnia, nervousness, restlessness, menstrual problems, nervous stomach, and hysteria. Clinical trials have confirmed the use of valerian for treating insomnia, especially the insomnia that accompanies menopause. The advantage of valerian over tranquilizers such as Valium and Xanax is that it reduces sleep latency, the time required to fall asleep, without a period of bedtime drowsiness and without creating a "hangover" or grogginess the next morning. Valerian has greatest effect in treating chronic insomnia, rather than short-term sleeplessness. It also soothes the digestive system and may prevent cramping caused by irritable bowel syndrome. Precautions - If you use valerian for several months, you may experience withdrawal symptoms (headache, insomnia, racing heart, and general grouchiness) if you stop using the herb abruptly. Reduce dosage of a period of about a week if you wish to discontinue using the herb. Valerian itself does not cause side effects, but it may increase the side effects of some of the older medications for insomnia, such as Ativan (lorazepam), Valium, (diazepam), or Xanax (alprazolam).

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**NUTRITIONAL & LIFESTYLE RECOMMENDATIONS**

- Eat a well-balanced diet. Avoid chewing gum, ice cream, iced beverages, salt, and guard against excessive sunlight and sun exposure.
To help prevent headaches, eat small meals and eat between meals to help stabilize wide swings in blood sugar. Include almonds, almond milk, watercress, parsley, fennel, garlic, cherries, and pineapple in your diet.

Try eliminating foods containing tyramine and the amino acid phenylalanine. Then reintroduce one food at a time and see which one produce headaches. Phenylalanine is found in aspartame (Equal, NutraSweet and other products), monosodium glutamate (MSG), and nitrites (preservatives found in hot dogs and luncheon meats). Foods that contain tyramine include alcoholic beverages, bananas, cheese, chicken, chocolate, citrus fruits, cold cuts, herring, onions, peanut butter, pork, smoked fish, sour cream, vinegar, wine, and fresh-baked yeast products. Tyramine causes the blood pressure to rise, resulting in a dull headache. See Tyramine-Restricted Diet for more information.

Consume no cakes, chocolate, coffee, dairy products (except yogurt), packaged or canned foods, pies, soft drinks, sugar, tobacco, white flour products, or any junk food.

See Ascorbic Acid Flush and Allergies for more information.

Be sure to cook with garlic and onions, eat celery, parsley, and sage whenever possible. Eat more brown rice. Learn to like alfalfa sprouts. See Allergies for more information.

In one study, 20 adults suffering from long-term cluster headaches squirted a capsaicin solution in their noses daily for 5 days. Within 10 days of the last dose, there was a 67 percent drop in the number of attacks. helpful information.

Practice deep-breathing exercises. A lack of oxygen can cause headaches. See Breathing Exercises in Pain Control

Maintain good posture habits.

Use fiber daily and a cleansing enema weekly. See Colon Cleansing and Enemas for more information. Always take supplemental fiber supplements separately from other supplements and medications.

When a headache strikes, take a Cleansing Enema. This removes the toxins that cause many headaches. If not eliminated, toxins can be absorbed into the bloodstream and circulated throughout the body. For a headache brought on by fasting, use a Coffee Retention Enema.

Go on a cleansing fast. See Fasting for more information.
• One study reported that taking 10 mg of Melatonin near bedtime was effective in reducing the frequency of episodic cluster headaches. Chronic cluster headaches did not show improvement with this treatment however.

• Research shows that sleeping in a bedroom kept at a cooler temperature can help to prevent cluster headaches. Headaches are more frequent when environmental heat increases body temperature, which causes blood vessels to dilate.

• If you feel a headache coming on, drink a large glass of water every 3 hours until symptoms subside to reduce or prevent dehydration, which is often a cause of headaches, and to flush toxins from the body.

NUTRITIONAL SUPPLEMENT RECOMMENDATIONS

The following nutrients are important for healing once appropriate local treatment has been administered. Unless otherwise specified, the following recommended doses are for those over the age of 18. For a child between 12 and 17 years old, reduce the dose to 3/4 the recommended amount. For a child between 6 and 12 years old, use 1/2 the recommended dose, and for a child under 6, use 1/4 the recommended amount.

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**Calcium & Magnesium Liquid**

- **Liquid Calcium W/ConcenTrace, Orange Vanilla, Trace Minerals, 1000 mg, 32 fl. oz.**
- **Cal-Mag Pre-Chelated Calcium & Magnesium, Vital Earth, 240 Gelcaps**
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| **Release histamine, which triggers allergic symptoms. Use a sublingual form, if available.**
DMG Supplement N,N Dimethyl Glycine, NOW Foods, 125 mg, 100 Caps |  | **For pain relief. Caution: Do not take this supplement if you are pregnant or nursing a baby, or if you suffer from panic attacks, diabetes, high blood pressure, or PKU.** |
| **DL-Phenylalanine (DLPA)**      | 750 mg daily.               | **Many clinical studies have shown excellent results with both tension headaches and migraines.**
5-HTP Hydroxy Tryptophan, Vegetarian, NOW Foods, 100 mg, 120 VCaps, 5-HTP Supplement, Hydroxy Tryptophan, Natural Serotonin With Vitamin B-6 & C, Nature’s Way, 50 mg, 60 Tabs |
| **5-Hydroxy L-Tryptophan (5-HTP)** | As directed on label.       | **A natural alternative to aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs).**
Glucosamine Sulfate Powder, NOW Foods, 6 oz., Glucosamine Sulfate, Nature's Way, 750 mg, 80 Tabs |
| **Glucosamine Sulfate**          | As directed on label.       | **For relief of cluster headaches. Caution: Do not take tyrosine if you are taking an MAO inhibitor drug, commonly prescribed for depression.**
L-Tyrosine Powder, Vegetarian, NOW Foods, Free Form, 4 oz., L-Tyrosine, Pharmaceutical Grade, Free Form, NOW |
<p>| <strong>L-Tyrosine</strong>                   | As directed on label.       |                                                                     |</p>
<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dosage and Instructions</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Glutamine Plus</td>
<td>500 mg twice daily, on an empty stomach. Take with water or juice. Do not take with milk. Take 50 mg Vitamin B-6 and 100 mg Vitamin C for better absorption.</td>
<td>For relief of cluster headaches. See <a href="#">Amino Acids</a> for more information.</td>
</tr>
<tr>
<td>And Quercetin</td>
<td>500 mg twice daily, before meals.</td>
<td>Slows histamine release; helps control food allergies. Needed for a variety of enzyme functions. For relief of cluster headaches.</td>
</tr>
<tr>
<td>Methylsulfonylmethane (MSM)</td>
<td>As directed on label.</td>
<td>Relieves pain.</td>
</tr>
<tr>
<td>Potassium</td>
<td>99 mg daily.</td>
<td>For the proper sodium and potassium balance, which is needed to avoid water retention. Water retention may put undue pressure on the brain.</td>
</tr>
</tbody>
</table>

**Foods, 500 mg, 120 Caps**

**Quercetin, NOW Foods, 500 mg, 100 VCaps**

**Quercetin W/Bromelain, Hypoallergenic Bioflavonoid, NOW Foods, 800 mg, 120 VCaps**

**Pure MSM (Methylsulfonylmethane), 500 mg, 250 Caps**

**Potassium Ionic Mineral Supplement, Fully Absorbable, 340 +/- ppm, 16 fl. oz., Potassium Chelate, 100% Natural, Nature’s Way, 99 mg, 100 Caps, Potassium Chloride Powder, NOW Foods, Vegetarian, 8 oz.**
<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dosage/Use</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primrose Oil</strong></td>
<td>500 mg, 3-4 times daily.</td>
<td>Supplies essential fatty acids, which promote healthy circulation, help regulate the inflammatory response, and relieve pain.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Evening Primrose Oil, Cold-Pressed, Nature's Way, 500 mg, 250 Softgels,</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Evening Primrose Oil, Cold-Pressed, Nature's Way, 1300 mg, 120 Softgels,</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Evening Primrose Oil, NOW Foods, 100% Pure, 4 fl. oz.</strong></td>
</tr>
<tr>
<td><strong>Vitamin B-3 (Niacin)</strong></td>
<td>Up to 300 mg combined daily. Do not exceed this amount. Stop and maintain the dosage that provides relief.</td>
<td>Improves circulation and aids in the functioning of the nervous system. Professional supervision is advised. <strong>Caution</strong>: Do not take niacin if you have a liver disorder, gout, or high blood pressure. <strong>Niacin Supplement (Vitamin B-3), 100% Natural, Nature's Way, 100 mg, 100 Caps</strong></td>
</tr>
<tr>
<td><strong>Vitamin B Complex</strong></td>
<td>50 mg of each B vitamin daily, with meals 3 times daily (amounts of individual vitamins in a complex will vary).</td>
<td>B vitamins work best when taken together. Use a yeast-free formula. In severe cases, injections (under a health care provider's supervision) may be advisable. <strong>Ultimate B (Vitamin B Complex), Nature’s Secret, 60 Tabs</strong>, <strong>Vitamin B-100 Complex, w/ Coenzyme B-2, Nature’s Way, 631 mg, 100 Caps</strong></td>
</tr>
<tr>
<td><strong>Plus Extra Vitamin B-6 (Pyridoxine)</strong></td>
<td>50 mg daily.</td>
<td>Removes excess water from tissues. <strong>Vitamin B-6 / Pyridoxine, Nature's Way, 100 mg, 100 Caps</strong></td>
</tr>
<tr>
<td><strong>Vitamin C With Bioflavonoids</strong></td>
<td>2,000-8,000 mg daily, in divided</td>
<td>Protects against harmful effects of pollution and aids</td>
</tr>
</tbody>
</table>

Vitamin E 200 IU daily or 400 IU every other day. Improves circulation. Use d-alpha-tocopherol form. Ester E Natural Vitamin E, California Natural, 400 IU, 60 Softgels, Vitamin E, 400 IU, 100% Natural, NOW Foods, 100 Gels, Vitamin E-1000, NOW Foods, 1000 IU, 100 Gels, Vitamin E, d-alpha-tocopherol, 400 IU, 100 Softgels

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**HEADACHE SUPPLEMENTS**

Information and supplements to help with headache, a common condition that results in a pain in the head that can range from mild to debilitating.

- **AB Contour Pillow, Satin Blue, Cure Products**
- **AB Contour Pillow, Satin Burgundy, Cure Products**
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AB Contour Pillow, Satin White, Cure Products</strong></td>
<td>The AB Contour Pillow is designed to provide comfortable support for an aching neck and shoulders. The unique contour shape can support your neck in it's most natural position, helping to relieve cervical strain, tension headaches. Using this compact, comfortable cushion while sitting also helps relieve low back strain.</td>
</tr>
<tr>
<td><strong>Acid &amp; Alkaline, Revised 5th Edition, By Herman Aihara &amp; Stan Hodson</strong></td>
<td>This book by Herman Aihara is an account of the acid and alkaline health condition and the effects on the human body, as explained in yin yang and cause effect terminology.</td>
</tr>
<tr>
<td><strong>Acupressure's Potent Points Guide To Self-Care For Common Ailments, By Michael Reed Gach</strong></td>
<td>Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes.</td>
</tr>
<tr>
<td><strong>Air Core Pillow, Adjustable, 24 inch by 16 inch</strong></td>
<td>The popular Tri-Core Pillow is now available with convenient air pump adjustability.</td>
</tr>
<tr>
<td><strong>Allergy Relief Wellness Oil, Nature's Inventory, 2 fl. oz.</strong></td>
<td>When allergy-related sinus headaches take over, simply rub this oil into your sinus pressure points to help reduce congestion that causes headaches.</td>
</tr>
<tr>
<td><strong>Alpha SH Homeopathic Sinus Headache &amp;Congestion, Boericke &amp; Tafel, 40 Tabs</strong></td>
<td>Alpha SH Homeopathic Sinus Headache &amp; Congestion includes a combination of herbs recommended to alleviate minor sinus headaches, shrink nasal membranes, decongest sinus openings, and encourage sinus drainage.</td>
</tr>
<tr>
<td><strong>Aromatherapy For Everyone: Discover the Scents of Health &amp; Happiness With Essential Oils, Aromatherapy Book, By P.J. Pierson &amp; Mary Shipley</strong></td>
<td>For those who have already discovered the joys of aromatherapy, this aromatherapy book makes a great reference.</td>
</tr>
<tr>
<td><strong>Become Younger, By Dr. N.W. Walker, D.Sc., Paperback</strong></td>
<td>Gets you out of the rut to become younger today. Scores of aids to help, plus the philosophy necessary and plans for natural food meals.</td>
</tr>
<tr>
<td><strong>Black Cherry Concentrate, Organic Kosher, 16 fl. oz. Dynamic Health</strong></td>
<td>This Black Cherry Concentrate is made from Organic Cherries, is kosher, fat free and has no sugar added.</td>
</tr>
<tr>
<td><strong>Black Cohosh Tincture, Menopause Herb, 100% Organic, 2 fl. oz.</strong></td>
<td></td>
</tr>
</tbody>
</table>
As a menopause herb, medical studies reported Black Cohosh to be more effective than estrogen in relieving symptoms.

**Blood Pressure Balance TCM Formula, Gegen Pingya, 100% Natural, 60 Caps**

Blood Pressure Balance TCM Formula is made of pueraria root and lotus embryo, this well-known blood pressure herb formula is used in Chinese medicine to maintain healthy blood pressure and blood flow.

**Blue Scullcap (Scutellaria Lateriflora), Standardized, Nature’s Way, 100 mg, 60 VCaps**

Scullcap is most commonly used as a sedative and it can take the edge off anxiety and promote sleep for those who struggle with insomnia.

**Blue Vervain Tincture, 100% Organic, 2 fl. oz.**

Blue Vervain is used to treat jaundice, asthma, congestion, bronchitis, colds, fever, and flu.

**Breathe Easy Herbal Face Pillow, DreamTime, Lavender**

**Breathe Easy Herbal Face Pillow, DreamTime, Sage**

DreamTime’s Breathe Easy Herbal Face Pillow uses select grains, and natural herbs to urge the sinus passages to open, promoting relaxed and peaceful breathing. Moist heat and the sinus face pillow’s own weight produces a delicate acupressure to soothe and alleviate overworked eye and facial muscles.

**Bronchitis & Asthma Aide, Homeopathic Asthma Treatment, Boericke & Tafel, 100 Tabs**

Bronchitis & Asthma Aide, Homeopathic Asthma Treatment, helps loosen phlegm (mucus) and thin bronchial secretions to rid bronchial passageways of bothersome mucus and drain bronchial tubes.

**Bryonia Homeopathic Clikpak, 30C, 84 Pellets**

Homeopathic Nelson's Bryonia in the new clikpak is easy to carry and dispense for painful, hacking coughs and headaches and therefore much better suited to a busy lifestyle.

**Butterbur With Feverfew, Vegetarian, NOW Foods, 75 mg/200 mg, 60 VCaps**

Modern scientific studies have demonstrated that Butterbur supports healthy blood flow to the brain and healthy neurological function.

**CapsulesiCool, Cayenne Supplement, Nature’s Way, 390 mg, 100 Caps**

CapsiCool is a special cayenne supplement that provides the benefits of Cayenne
Pepper without the burning feeling and discomfort in the stomach that otherwise may be experienced.

**Celery Seed Tincture, 100% Organic, 2 fl. oz.**

Celery seed, an arthritis herbal remedy, also has an ancient reputation for treating muscle spasms, high blood pressure, gout, sleeplessness, depression, and anxiety.

**Cell Rejuvenator, Peter Gillham’s Natural Vitality, 8 oz.**

Cell Rejuvenator is a precisely engineered formula designed to give cells the exact nutrients they need to rejuvenate quickly and in the best condition possible.

**CellFood Liquid Multi-Vitamin, 100% RDA Spray, 1 fl. oz.**

CellFood Liquid Multi-Vitamin has an absorption and assimilation rate of almost 20 times more than vitamin pill supplementation.

**CellFood Natural Weight Loss Formula, 4 fl. oz.**

Cellfood Natural Weight Loss Formula, with amino acids, electrolytes, digestive enzymes, and minerals helps regulate metabolism and breakdown organic material, while increasing your fat burning potential... even while you sleep!

**Cervical Pillow, Firm Support Pillow, Core Products, 22 inch by 14 1/2 inch**

**Cervical Pillow, Gentle Support Pillow, Core Products, 22 inch by 14 1/2 inch**

This is an exceptionally economical foam cervical pillow designed to soothe your neck and back and offer natural support.

**Chamomile Extract, Standardized, Nature's Way, 345 mg, 60 Caps**

Chamomile extract is commonly used for its soothing effects and ability to support normal tone in the digestive tract and is among the most popular herbal supplements in Europe.

**Chamomile Tincture, 100% Organic, 2 fl. oz.**

Chamomile is a gentle relaxer that soothes upset stomachs and gas pain.

**Chaser Plus For Wine Headaches, 40 Caps**

Enjoy wine again with Chaser Plus for Wine Headaches, it helps you avoid wine headaches with no stimulants, no painkillers and no side effects.

**Chaste Tree Berry / Vitex Tincture, Fertility & Herbal PMS Remedy, 2 fl. oz.**

Chaste Tree Berry is an Herbal PMS remedy and a natural fertility herb. Trials have shown genuine effectiveness of Chaste Tree Berries for women suffering
from infertility and irregular periods.

**Chrysanthemum Tea, 20 Tea Bags**

Chrysanthemum Tea is caffeine free and flavored with jasmine flower. Chrysanthemum tea has adenine, choline, vitamins A, B, amino acids, glycosides, volatile oil and more.

**Citronella Essential Oil, 100% Pure, 2 fl. oz.**

Citronella Oil can be used as a natural mosquito repellent.

**Clear Head & Neck Comfort, TCM Formula, Toufengning, 100% Natural, 60 Caps**

Clear Head & Neck Comfort formula is made of snidium, angelica root, notopterygium rhizome and root, asarum, siler, wild mint, schizonepeta and licorice, herbs for headache.

**Colds & Flu, Alpha CF, Homeopathic Remedy, Boericke & Tafel, 40 Tabs**

Alpha CF, Colds & Flu Homeopathic Remedy is clinically proven as an all natural cold and flu remedy that offers relief for your cold or flu in a great homeopathic remedy! Take it for runny nose, fever, chills, stuffy nose and aches.

**Colds & Flu Chewable For Children, Alpha CF, Homeopathic Remedy, Boericke & Tafel, 100 Tabs**

Children's Alpha CF, Colds & Flu, Chewable by Boericke & Tafel temporarily relieves fever and symptoms associated with colds and the flu.

**Colds & Flu Homeopathic Clikpak, 100% Natural, 84 Pellets**

Homeopathic Nelson's Colds & Flu in the new clikpak is easy to carry and dispense for minor symptoms of colds or flu and therefore much better suited to a busy lifestyle.

**Colds & Flu Tincture, Natural Remedy, 100% Organic, 2 fl. oz.**

Cold / Flu Tincture, Natural Cold Remedy, is 100% Organic and can be used for colds, flu, infection, and influenza.

**Colloidal Silver & Zinc Lozenges, SilvaSolution, 90 Lozenges**

Now you can get powerful liquid silver in the most convenient form ever with new SilvaSolution Silver and Zinc Lozenges.

**Colloidal Silver Liquid, SilvaSolution, Super Strength Pro 50, 8 fl. oz.**

Colloidal Silver Super Strength Liquid provides for a strong immune system, ears, sinuses, throat and lung support for the winter season.

**Colloidal Silver Liquid, SilvaSolution, 10 ppm, 16 fl. oz.**
Colloidal Silver is a potent yet non-toxic natural food supplement that has shown to support the immune system during the cold and flu season.

**Colloidal Silver Pump Spray, SilvaSolution, 2 fl. oz.**

Colloidal Silver Spray works great to promote throat health, as well as provide immune system support.

**Colloidal Silver Salve, SilvaSolution, 2 oz.**

SilvaSolution Colloidal Silver Salve now contains added homeopathics that add a benefit that will enhance the SilvaSolutions effectiveness.

**Colon & Liver Cleanser, Truman's CAC Tea, Loose Leaf, 1/2 lb.**

Use of this cleansing tea has many additional benefits: improves overall digestion; strengthens the immunity; helps to prevent cancer; makes the skin more emollient and flexible: clears the eyes; and provides an overall tonic effect on the body.

**Contour Pillow Memory Foam Plus, 4 inch by 12 inch by 18.5 inch With Pillow Cover, 1 Each**

A variety of conditions such as headaches, neck pain, insomnia, back pain arm and hand numbness can be helped with proper Cervical Spine Support of a Therapeutic pillow.

**Coral Calcium (Okinawa) Plus Magnesium & Vitamin D, 100% Natural, NOW Foods, 500 mg, 100 VCaps**

Okinawa Coral Calcium Plus with Magnesium, Vitamin D and 70 other trace minerals provides essential minerals, restores body alkalinity, supports the immune system, and is bio available for better absorption.

**Core Memory Pillow, Full Size, 14 inch by 19.5 inch**

**Core Memory Pillow, Mid Size, 12 inch by 19 inch**

Molds to the unique shape of your head and neck to provide custom support.

**Cough & Bronchial Syrup With Zinc, Homeopathic Boericke & Tafel, 4 fl. oz.**

Cough & Bronchial Syrup with Zinc temporarily relieves coughs due to minor throat & bronchial irritation occurring with a cold or inhaled irritants.

**Cough & Bronchial Syrup, 99% Alcohol Free, Homeopathic Boericke & Tafel, 4 fl. oz.**

Cough & Bronchial Syrup, 99% Alcohol Free by Boericke & Tafel, is a natural cough expectorant.

**Cumin Seed Tincture, 100% Organic, 2 fl. oz.**
Cumin Seed is a stimulant, an antispasmodic, carminative and one of the best spices to prevent and relieve flatulence.

**D Core Pillow**

Proper cervical support at an economical price.

**Daytime Stress Formula, Stress Supplement, TheraVeda Usha, 60 VCaps**

TheraVedas Usha Daytime Stress Supplement was developed to assist your mind in maintaining concentration and focus, while pushing away distractions due to a stressful environment.

**Diabetes Extract Formula Tincture, 100% Organic, 2 fl. oz.**

Truman's Diabetes Tea is targeted to enable the pancreas to produce its own insulin and to bring blood sugar levels to a safe range of somewhere between 110-140 without additional medication.

**DMG Supplement N,N Dimethyl Glycine, NOW Foods, Foods, 125 mg, 100 Caps**

NOW Foods’ DMG Supplement is a methylated amino acid found in all cells. DMG is an antioxidant and methyl donor that has a number of beneficial effects. It has shown to have potential in increasing immune response to the flu and salmonella.

**Double Core Pillow Medium-Firm Support**

Choose the level of neck and back support most comfortable for you.

**Dr. Atkins' Health Revolution**

Powerful and forthright, Dr. Atkins' Health Revolution calls for dramatic changes in the way medicine is practiced in America.

**Ear Candles (Ear Candling Cones), 2 Ear Cones Per Package, Premium Quality, All Natural Earwax Removal, Pure Bees Wax Cones**

Ear candles, are used as a safe and effective way to eliminate excess earwax and to sooth the inner ear.

There are several types of ear candle products available. For a full selection, see Ear Candling Products / Ear Candles.

**Egyptian Blue Lotus Tincture Herbal Aphrodisiac, 100% Organic, 2 fl. oz.**

Egyptian Blue Lotus is an herbal aphrodisiac for a woman or man. It may also act as an a sedative and antispasmodic.

**Emu MSM Cream, 1.75 oz.**

Emu MSM Cream is for use as an anti-inflammatory for joint pain, arthritis,
tendinitis, strains, sore muscles, back, headaches, and more.

**Encyclopedia Of Healing Foods, By Michael Murray, N.D. & Joseph Pizzorno, N.D.**

Providing the best natural remedies for everyday aches and pains, as well as potent protection against serious diseases. The Encyclopedia of Healing Foods is a required daily health reference.

**Female Estrogen With Progesterone Tincture, 100% Organic, 2 fl. oz.**

Female Estrogen With Progesterone Formula is used mainly to promote hormonal balance. It does not contain hormones, however.

**Feverfew Extract, Natural Headache Remedy, Standardized, Nature's Way, 325 mg, 60 Caps**

Nature's Way Feverfew Extract, a natural headache remedy, offers the benefits of a standardized extract and full spectrum of the whole herb.

**Feverfew Herb Tincture (Tanacetum Parthenium), 100% Organic, 2 fl. oz.**

Feverfew herb is mainly used for the prevention and treatment of chronic recurring migraine headaches.

**Feverfew Leaves, Nature's Way, 380 mg, 180 Caps**

Feverfew leaves helps maintain normal blood vessel tone and Feverfew leaves are best used for long-term treatment and prevention of migraine headaches.

**5-HTP Hydroxy Tryptophan, Vegetarian, NOW Foods, 100 mg, 120 VCaps**

5-HTP also known as Hydroxy Tryptophan is an Amino Acid and precursor to serotonin, a brain chemical responsible for regulating mood, appetite, behavior, and sleep. 5HTP may help elevate mood, control appetite, and promote better sleep.

**5-HTP Hydroxy Tryptophan Supplement, Natural Serotonin With Vitamin B-6 & C, Nature's Way, 50 mg, 60 Tabs**

Nature's Way 5-HTP Supplement is available in an easy to swallow enteric coated tablet.

**Ginger Root Tincture, 100% Organic, 2 fl. oz.**

Ginger root has also been recommended as a treatment for atherosclerosis, migraine headaches, rheumatoid arthritis, high cholesterol, burns, ulcers, depression, impotence, and liver toxicity.

**Ginkgo Biloba Extract, Nature's Way, Vegetarian, Standardized, 60 mg, 120 VCaps**

Nature's Way Ginkgo biloba extract is a technically and scientifically advanced herbal extract standardized to 24% Ginkgo flavone glycosides and 6% terpene...
lactones, supported by whole Gotu Kola herb.

**Ginkgold, Ginkgo Biloba Extract, Nature’s Way, Vegetarian, Standardized, 60 mg, 150 Tabs**

Backed by over 35 years of extensive research, including over 400 published scientific and clinical studies, Nature’s Way Ginkgold ginkgo biloba extract has been proven to support healthy circulation to the brain as well as the extremities.

**Guarana Seed Powder (Paullinia Cupana), Alternative Health & Herbs, 4 oz.**

Guaraná is a creeping shrub native to the Amazon (and particularly the regions of Manaus and Parintins). In the lushness of the Brazilian Amazon where it originates, it often grows to 12 m high. The fruit is small, round, bright-red in color, and grows in clusters. As it ripens, the fruit splits and a black seed emerges - giving it the appearance of an "eye" about which Indians tell legends.

**Guarana Tincture Supplement, 100% Organic, 2 fl. oz.**

Alternative Health & Herbs Remedies Guarana supplement is 100% Organic.

**Guduchi Massage Oil, 8 fl. oz.**

Guduchi oil is excellent to pacify Vata and Pitta conditions such as excess perspiration, burning sensations, headaches, etc.

**Hangover Help Wellness Oil, 2 fl. oz.**

Just apply 2-3 pumps of our Hangover Help Wellness Oil to your neck, shoulders, and wrists and you will be ready to face the world!

**Headache Formula Supplement, TheraVedas Manish, 60 VCaps**

TheraVedas Manish Headache Supplement is a unique blend of time tested and revered herbs including Eclipta alba (considered one of the most auspicious herbs since mythological period) and Ginger, which is used extensively in many traditional diets, because of its versatile properties.

**Headache Ice Pillow**

Features time-honored and medically recommended cold therapy treatment for migraine and tension headaches.

**Headache Ice Pillow, U-Shaped Gel Pack**

Have an extra cold gel pack available for your Headache Ice Pillow.

**Headache Ice Pillowcase**

Protect your Headache Ice Pillow with the soft, comfortable slipcover.

**Headache Relief Nasal Spray, Migraine, Cluster & Tension Formula, Sinol, 1 oz.**
Sinol nasal spray is an all natural formula, free of artificial preservatives and it does not burn. It is considered by thousands of sufferers to be an important breakthrough for relieving a variety of chronic sinus, allergy and headache conditions.

**Headache / Tension / Pain Tincture, organic, 2 fl. oz.**

Headache Tension & Pain Tincture helps to alleviate headaches associated with nervous tension.

**Heat Wheat Eye Zone Pack, Blue, Core Products 9.5 inch by 4 inch**

**Heat Wheat Eye Zone Pack, Red, Core Products 9.5 inch by 4 inch**

**Heat Wheat Hand Glove, Blue, Core Products**

**Heat Wheat Hand Glove, Red, Core Products**

Natural, effective pain management. Use for muscular aches and pains, headaches, back pain, sports injuries and relaxation, and for stress and tension relief. Soft surface and all-natural wheat fill allow this pack to comfortably conform to the shape of your body.

**Hot & Cold Gel Pack, CorPak Soft, 6 inch by 20 inch, 1 each.**

Treat your strains, sprains, tendinitis and other injuries with a CorPak Soft Hot & Cold Pack. 6" x 20"

**Hyland's Headache Homeopathic Formula, 100 Tabs**

Hyland's Headache is a traditional homeopathic formula for the relief of symptoms of head pain due to stress and sickness or nervous headache.

**Hyssop Throat Comforts, Natural Herb Comforts, 61 Lozenges**

Throat Soothers with natural Hyssop can be used to comfort the throat while undergoing ear candling treatments.

**Ignatia Homeopathic Clikpak, 30C, 84 Pellets**

Homeopathic Nelson's Ignatia in the new clikpak is easy to carry and dispense for emotional upset, grief and headaches and therefore much better suited to a busy lifestyle.

**Inner Peace Eye Pillow, DreamTime, Lavender Color**

**Inner Peace Eye Pillow, DreamTime, Sage Green Color**

DreamTime's Inner Peace Eye Pillow is a sensory relaxation tool used for easing stress and tension, while allowing you to rest and recharge, sleep or meditate deeply.
<table>
<thead>
<tr>
<th><strong>Insomnia Formula Tincture, 100% Organic, 2 fl. oz.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>The Insomnia Formula helps to bring on sleep and restfulness.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Iron Ionic Mineral Supplement, Fully Absorbable, 20 +/- ppm, 16 fl. oz.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>WaterOz Ionic Iron is a pure liquid Iron supplement. Iron is called the &quot;energy giver.&quot; It attracts oxygen and builds blood. Along with manganese and copper it is necessary for healthy blood chemistry and is essential for recovery from illness.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Jungle Print Petite Core Pillow</strong></th>
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</thead>
<tbody>
<tr>
<td>Petite Core Designed with children in mind. The trapezoid center has been sized to ensure proper support for petites of all ages.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Just An Ounce Calcium &amp; Magnesium, Almond Flavor, 16 fl. oz.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Just An Ounce, Calcium and Magnesium Liquid can help with the development of strong bones and teeth, also prevents muscle cramping, risk of colon cancer, maintain regular heart beat, protects against osteoporosis and helps relax the central nervous system.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Kava Powder (Papua New Guinea), 8 oz.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>This Kava is strong! Probably more potent than the premium, but the taste is very strong also.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Kombucha 2000, Concentrated Kombucha Capsule, 30 Caps</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Concentrated Kombucha Capsules are new to the market, but Kombucha 2000 is one of the very first successful Kombucha tea producers in the United States. See <a href="#">Kombucha Supplements &amp; Products</a> for a full range of Kombucha supplements, teas, extracts, brewing kits, cultures, books and more.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Lemon Balm (Melissa Officinalis) Powder, 4 oz. Bulk</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Balm tea is recommended to relieve fever due to cold and flu, and to ease menstrual cramps, insomnia, headaches and nervousness.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Lick The sugar Habit, By Nancy Appleton, Ph.D.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nancy Appleton, Ph.D., shows you how sugar upsets the body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease, tooth decay, and more.</td>
</tr>
</tbody>
</table>

| **Lucid Head, PCK Technologies Inc. / MagiHerbs, 500 mg, 60 Caps** |
This 100% natural herbal formula is based on Chinese decoctions proven effective to relieve, in the early stage, symptoms of nervous system and vascular disorders in the head, including pain, dizziness, blurred vision, forgetfulness.

**Magnesium Ionic Mineral Supplement, Fully Absorbable, Magnesium Water, 350 +/- ppm, 16 fl. oz.**

WaterOz Ionic Magnesium is a pure liquid Magnesium supplement. Magnesium is a natural tranquilizer. Called the "anti-stress mineral," it aids in relaxing nerves, relieving tension, assisting digestion, activating enzymes important for protein and carbohydrate metabolism.

**Memory AirCore Pillow, Core Products**

By layering premium memory foam atop a therapeutic foam base and adding the adjustability of air, Core has created the perfect orthopedic pillow for memory foam lovers who need greater neck support with adjustable comfort: the Air-Core Memory Pillow.

**Memory Travel Core Cervical Pillow**

Sleep as well when traveling as you do at home with the Memory Travel Core. Its compact size allows you to easily fit this pillow in your suitcase, yet still achieve the comfort you need.

**Menopause Formula Tincture, 100% Organic, 2 fl. oz.**

The Menopause Formula aids the menopausal woman and helps to alleviate the classical menopausal symptoms.

**Multiple Effects Oil, TCM Formula, Shixiang Baixiangyou, Cold, Headache & Pain Formula, 100% Natural, 0.34 oz.**

Multiple-Effects Oil, TCM Cold, Headache & Pain Formula opens stuffy noses, removes, headache pain, joint pain and drowsiness.

**MygraFew, Feverfew Extract, High Parthenolide, Nature's Way, 30 mg, 90 Tabs**

MygraFew, Feverfew Extract, provides the level of parthenolide recommended by both Canadian and British health authorities for optimal results. Each Feverfew Extract tablet provides the recommended level of 600 mcg parthenolide in a once daily dosage.

**Natural Aspirin Alternative, White Willow Bark Extract, 390 mg, 60 Tabs**

Used to treat bursitis, tendonitis, headaches, osteoarthritis, dysmenorrhea, rheumatoid arthritis, back pain, toothache, and menstrual cramps. White Willow is being used by more people as a safer, natural alternative to aspirin.

**Nasya Oil, Certified Organic, For Sinus Congestion, Banyan Botanicals, 1 fl. oz.**
When an excess of bodily fluids accumulates in the sinus, throat, nose or head areas, it is best eliminated through the nose. Administration of herbally infused oil, or nasya, helps facilitate this cleansing process. Nasya Oil soothes and protects the nasal passages and helps relieve sinus congestion. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress.

**Nat Mur (Natrum Muriaticum), Homeopathic Clikpak, 30C, 84 Pellets**

Homeopathic Nelson's Nat mur in the new clikpak is easy to carry and dispense for sneezy colds, runny nose and headaches and therefore much better suited to a busy lifestyle.

**Natural Cough & Bronchial Syrup, Homeopathic, Boericke & Tafel, Cherry Flavor, 4 fl. oz.**

Temporarily relieves coughs due to minor throat & bronchial irritation occurring with a cold or inhaled irritants. Helps loosen phlegm (mucus) & thin bronchial secretions to rid the bronchial passageways of bothersome mucus & drain bronchial tubes.

**Natural Cough & Bronchial Syrup, Daytime, Homeopathic, Boericke & Tafel, 4 fl. oz.**

Temporarily relieves coughs due to minor throat & bronchial irritation occurring with a cold or inhaled irritants.

**Natural Cough & Bronchial Syrup, Nighttime, Homeopathic, Boericke & Tafel, 4 fl. oz.**

Don’t let a cough keep you awake! B&T Nighttime Cough & Bronchial Syrup combines an all-natural, non-narcotic sleep aid with America’s favorite homeopathic cough medicine.

**Natural Mood Stabilizer, 5-HTP Optimum Mood Support, 50 mg, 60 Caps**

5-HTP Optimum Mood Support Natural Mood Stabilizer is used to increase serotonin that in turn reduces symptoms such as mood disorders, depression, weight problems and migraine headaches.

**Natural Progesterone Cream Liposomal Lotion, 3 oz.**

Natural Progesterone Cream is effective for women experiencing the symptoms of mid-life, before, during and after menopause.

**Natural Progesterone Cream: A Safe Alternative To Conventional Hormone Replacement Therapy, By C. Norman Shealy, M.D., Ph.D.**

In this Keat’s Good Health Guide, Dr. Norman Shealy answers all your questions about natural progesterone cream, a viable and safe alternative to synthetic hormone replacement therapy.
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck &amp; Shoulder Support Pillow</td>
<td>Dual Firm Soft Support</td>
<td>Core Products, 23 inch by 16 inch. This neck and shoulder support pillow has dual-density that offers extra-firm support for the neck and shoulders, while the soft cushion area supports the head.</td>
</tr>
<tr>
<td>NerveEase Balanceuticals TCM Stress Formula</td>
<td>100% Natural, 60 Caps</td>
<td>Chinese medicine uses this time-honored formula to strengthen and pacify the nervous system, inhibit spontaneous activities of the brain, enhance memory, eliminate stress, nurture and maintain healthy functions of the heart, supplement the blood and nourish the Yin.</td>
</tr>
<tr>
<td>Nerve &amp; Tension Tincture</td>
<td>100% Organic, 2 fl. oz.</td>
<td>To soothe the nervous system, which may help reduce stress and benefit Hyperactivity/Hyperkinetic, Mental Fatigue, Migraine Headache, Muscular Problems (Aches, Pain &amp; Spasms) Nervous Disorders, Neuralgia, Palsy, Parkinson’s Disease, Schizophrenia, Spasms, Stress, and Tension among other things.</td>
</tr>
<tr>
<td>Neti Pot Nasal Rinse Cup</td>
<td>Porcelain, Banyan Botanicals</td>
<td>This Neti Pot is a hygienic, non-porous, porcelain cup used for nasal and sinus rinse. Considered useful for individuals prone to nasal congestion.</td>
</tr>
<tr>
<td>New Energy Liver Rejuvenator</td>
<td>Peter Gillham’s Natural Vitality, 120 Tabs</td>
<td>New Energy Liver Rejuvenator is a special blend of Chinese and American herbs which effectively stimulate the production of new liver cells.</td>
</tr>
<tr>
<td>Oil of Oregano Essential Oil With Extra Virgin Olive Oil</td>
<td>NOW Foods, 100% Natural, 1 fl. oz.</td>
<td>NOW Foods Oil of Oregano with Extra Virgin Olive Oil combines 100 percent pure Oregano Oil with Extra Virgin Olive oil to create a pre-diluted blend that is stronger than other leading brands.</td>
</tr>
<tr>
<td>Oil of Oregano Essential Oil</td>
<td>NOW Foods, 100% Pure, 1 fl. oz.</td>
<td>This Oregano Essential Oil is derived from origanum vulgare, which is grown in the Mediterranean. Oregano Essential Oil contains a minimum of 55% carvacrol, one of the active components naturally occurring in Oregano.</td>
</tr>
<tr>
<td>Oregano Essential Oil (Origanum Vulgare) With 50% Olive Oil</td>
<td>Organic, 2 fl. oz.</td>
<td>Oregano essential Oil is used internally for joint pain, aching muscles, chronic cough, infections, asthma and bronchial congestion.</td>
</tr>
<tr>
<td>Oregano Oil (Wild) Tincture</td>
<td>100% Organic, 2 fl. oz.</td>
<td></td>
</tr>
<tr>
<td>Product</td>
<td>Details</td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Oregano Oil Tincture</td>
<td>Used internally for joint pain, aching muscles, chronic cough, infections, asthma and bronchial congestion. Topically as an anti-fungal, anti-parasitic, anti-viral and antibacterial.</td>
<td></td>
</tr>
<tr>
<td>Oregano Oil, NOW Foods, Enteric Coated, 181 mg, 90 Softgels</td>
<td></td>
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</tr>
<tr>
<td>Oregano Oil</td>
<td>is known as a cure for, and it's ability to stop a cold sore/fever blister dead in it's tracts.</td>
<td></td>
</tr>
<tr>
<td>Oregon Breeze Essential Oil, 2 fl. oz.</td>
<td>Helps relieve headache and sinus pain and reduces allergy symptoms.</td>
<td></td>
</tr>
<tr>
<td>Organic Rooibos Tea, Caffeine Free Herb Tea, 25 Tea Bags</td>
<td>Rooibos is a red tea indigenous to South Africa, Wisdom Herbs Organic Rooibos Tea is caffeine free and tastes great.</td>
<td></td>
</tr>
<tr>
<td>Orris Root (Iris Germanica) Powder, 4 oz. Bulk</td>
<td>Orris Root Powder is excellent to use when brushing your teeth as it strengthen your gums and freshen your breath and it can also be used as snuff to bring on sneezing when having headache congestion.</td>
<td></td>
</tr>
<tr>
<td>PainEase (Analgesic Formula), 100% Natural, 350 mg, 60 Caps</td>
<td>Made of corydalis tuber and angelica root, this well-known formula is used in Chinese medicine for its tranquilizing, analgesic, antibacterial, and anti-hypoxia properties to regulate the Qi, promote normal blood circulation, protect mucous membrane of the stomach and to stop pain.</td>
<td></td>
</tr>
<tr>
<td>Pain Formula Tincture, 100% Organic, 2 fl. oz.</td>
<td>Use the Pain Formula to alleviate pain naturally.</td>
<td></td>
</tr>
<tr>
<td>Pain Free 1-2-3, A Proven Program For Eliminating Chronic Pain Now, By Jacob Teiltelbaum, M.D., Paperback</td>
<td>Conquer pain and Take your life back NOW, DR Jacob Teiltelbaum gives several Chronic Pain Coping Technique's in his proven step-by-step program, Pain Free 1-2-3. His first hand knowledge and 30 years' experience as a pain specialist, lecturer, and researcher give him rare insight in the challenge posed by persistent, nagging chronic pain.</td>
<td></td>
</tr>
<tr>
<td>Pashanbheda (Coleus Aromaticus), 450 mg, 120 VCaps</td>
<td>Powdered leaves are used in local application for headaches, and also used for coughs and fevers.</td>
<td></td>
</tr>
<tr>
<td>Pastilles, Olbas, 100% Natural, Swiss Made, 27 Herbal Cough Crops</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Olbas Herbal Cough Drops, pastilles, temporarily controls cough due to minor throat and bronchial irritations associated with the common cold or inhaled irritants.

**Peppermint Leaf (Mentha X Piperita) Powder, 4 oz. Bulk**

Peppermint leaf calms the muscles of the stomach and improves the flow of bile, which the body uses to digest fats. As a result, food passes through the stomach more quickly.

**Platinum Ionic Mineral Supplement, Fully Absorbable, 50 +/- ppm, 16 fl. oz.**

WaterOz Ionic Platinum is a pure liquid Platinum Supplement. Platinum is used in the treatment of cancer and as a base in some of the chemotherapeutic treatments. Platinum may be effective in killing disease-causing bacteria, fungus, viruses, and help boost the immune system.

**Potassium Ionic Mineral Supplement, Fully Absorbable, 340 +/- ppm, 16 fl. oz.**

WaterOz Ionic Potassium is a pure liquid Potassium supplement. Potassium aids rheumatic or arthritic conditions and is vital for the elimination of wastes.

**Pressure Point Therapy Pack, Core Products, 6 inch by 20 inch**

Getting relief from headaches, low-back pain and muscle soreness is easy with the Pressure Point Therapy Pack. This pack uses a unique combination of pressure point therapy and cold therapy to help relieve your headaches and pain.

**ProgestaCare, Life-Flo, Natural Progesterone Cream for Women, 4 oz.**

ProgestaCare Natural Progesterone Cream helps women reduce the severity of PMS symptoms lessen the effects of menopause and counter-balance the effects of estrogen dominance, Infertility, Migraines, Fibrocystic Breast, Skin Care, and Acne.

**Red Tea With Black Cumin Seed, Organic, African Red Tea, 20 Tea Bags**

Nigella Sativa (Black Cumin seed) - analysis has revealed that it contains phosphates, iron, carotene and natural antibiotics. Helpful for headaches, toothache, digestive and menstrual disorders, nasal congestion, rheumatism and bronchial asthma.

**Ring Ease, Cylinder Works, 60 Caps**

Ring Ease is a special herbal formulation to aid those who suffer from ear or head noises (tinnitus) where no external sound is present.

**Rooibos Red Tea With Black Cumin Seed, Organic, African Red Tea Imports, 3.2 oz.**
This Rooibos Red Tea with Black Cumin Seed is a tea drinker's must.  
**Rose Petal Tincture, 100% Organic, 2 fl. oz.**

Rose Petals are an astringent and stomachic.  
**Rosemary Leaf (Rosmarinus Officinalis) Tincture, 100% Organic, 2 fl. oz.**

Rosemary has been traditionally used for tension headaches, stimulating circulation, strengthening the nervous system. Good tonic for the heart and for high blood pressure.  
**Sinus Clikpak Tube, Nelson's Homeopathic, 84 Pellets**

All natural, safe and highly effective homeopathic medicine for relief of nasal congestion, sinus pressure and sinus headache associated with sinusitis or colds.  
**Sinus Pillow, Velvet (Color may Vary), DreamTime**

Place this Sinus Pillow over your Eyes and Sinuses and breathe deeply. The refreshing aromatic fill of fresh Peppermint, Spearmint and Eucalyptus encourage the opening of the sinus passages and unencumbered breathing. Soothing warm or cool therapy helps ease away the unwelcome aches and pains of headaches and sinus congestion.  
**Sinus Relief & Fast Decongestant Nasal Spray, Sinol, 1 oz.**

Sinol's Sinus Relief & Fast Decongestant Nasal Spray relieves allergies, and even headaches fast.  
**Soothe A Ciser Pillow, Black Vinyl**

**Soothe A Ciser Pillow, Blue**

The Core Soothe-A-Ciser Neck Pillow was designed by a chiropractor to restore the normal curve of the neck, which can be affected by everyday activities - such as typing on a keyboard, reading, not sitting up straight and sleeping with the neck in odd positions.  
**St. John's Wort Herbal Tea, 20 Tea Bags**

St. John's Wort Herb Tea is made of wild St. John's Wort and Siberian Ginseng. These Herbs tonify the nervous system, ease anxiety and depression, and support the immune system.  
**Stress Headache Wellness Oil, 2 fl. oz.**

If your headaches come from the stress of your day, this is the oil for you. Each oil in this blend was carefully chosen to work with headaches specifically created from stress.
Sulfur Homeopathic Clikpak, 30C, 84 Pellets

Homeopathic Nelson's Sulfur in the new clikpak is easy to carry and dispense for skin disease, eczema and acne and therefore much better suited to a busy lifestyle.

Sulfur Ionic Mineral Supplement, Fully Absorbable, 500 +/- ppm, 16 fl. oz.

WaterOz Ionic Sulfur is a pure liquid Sulfur supplement. increases blood circulation, reduces back pain, relieves migraine headaches, promotes muscle healing, scavenges free radicals, beautifies the skin, relieves allergies to food, controls acidity in stomach ulcers, is important for carbohydrate metabolism and speeds wound healing.

Tension & Stress Homeopathic Clikpak, 100% Natural, 84 Pellets

Homeopathic Nelson's Tension & Stress in the new clikpak is easy to carry and dispense for minor symptoms of tension or stress and therefore much better suited to a busy lifestyle.

The Green Pharmacy: The Ultimate Compendium of Natural Remedies From The World’s Foremost Authority On Healing Herbs, By James Duke, Ph. D.

The world’s foremost authority on medicinal plants and herbs shares his knowledge of thousands of safe, natural remedies that lie untapped in jungles, forests and herbal gardens throughout the world as hidden reserves of healing power.

The Miracle of Fasting, By Paul C. Bragg, N.D., Ph.D. & Patricia Bragg, N.D., Ph.D.

Fasting is the best detoxifying method. It's also the most effective and safest way to increase elimination of waste buildups and enhance the body's miraculous self-healing and self-repairing process that keeps you healthy and youthful.

The Miracle of MSM: The Natural Solution for Pain, By Stanley W. Jacob, M.D., Ronald M. Lawrence, M.D., & Martin Zucker

Learn how to stop the pain of numerous ailments with MSM. How much, when, with what food and in what form to relieve pain in its many forms. Helpful against pain and allergies, this supplement is safe, natural and side-effect-free.

The Neti Pot For Better Health: How To Use A Neti Pot, By Warren Jefferson, Paperback

The Neti Pot For Better Health covers not only how to use a neti pot, but much other useful information. Air pollution is a growing problem worldwide, and allergies and sinusitis are at an all time high.

TheraClear Anti-Parasite Formula, 120 Caps

A regular natural detoxification program including TheraClear Anti Parasite
Formula and a colon cleanser to promote proper elimination has been recommended by various naturopath's.

**Tiger Balm Ointment, Extra Strength, Red Sports Rub, 0.63 oz.**

Tiger Balm Red has successfully been used to relieve sore and achy muscles, ease back pain, soothe headaches and clear sinuses. Tiger Balm Red helps increase blood circulation as well.

**Tiger Balm Patch, 5 Pads, 4 inch by 2.74 inch**

The Tiger Balm Patch uses a new delivery technology to deliver it's well known pain-relieving formula to where it hurts.

**Tiger Balm Ultra Strength, Non-Staining Sports Rub, Natural Pain Relief, 1.7 oz.**

The Tiger Balm Ultra sports rub for sore muscles and overexertion.

**Ultra Ginkgo Plus Rhodiola & Eleuthero, Endurance Formula, 10 ml, 30 Vials**

Ultra Ginkgo Plus Rhodiola & Eleuthero Endurance Formula combines Tibetan Rhodiola and Eleuthero.

**Unker's Natu-Rub, All Natural Liquid Medicated Salve, 1 fl. oz (Up To 200 Applications)**

This all natural liquid version of Unker's medicated salve absorbs into the skin quickly.

**Valerian Root (Valeriana Officinalis), Alcohol Free With Glycerin Tincture, 100% Organic, 1 fl. oz.**

Most known for its sedative effect on the central nervous system. It is used for anxiety, nervous tension, insomnia, and general stress symptoms.

**Valerian Root Glycerite Tincture, 100% Organic, 2 fl. oz.**

After numerous scientific studies, Germany's Commission E approved Valerian Root as a sleep aid.

**Vertigo Support Wellness Oil, Nature's Inventory, 2 fl. oz.**

The essential oils in this blend can help to dramatically reduce the effects of Vertigo just by smelling these oils. Apply this oil to any area of your skin where you can smell it, sit down and relax and allow the oils to work with your body's system.

**Violet Leaf (Blue - viola Odorata L.) Powder, 4 oz. Bulk**

Blue violet also has a long history as a cough remedy and as a blood cleansing herbal remedy. Blue violet has also earned a reputation in the holistic approach as an anti cancer herb.
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Violet Leaf Tincture, 100% Organic, 2 fl. oz.</strong></td>
<td>Violet leaf can be used for coughs, sore throats, asthma, tumors, acne, swollen glands and headaches.</td>
</tr>
<tr>
<td><strong>Warm Embrace Body Wrap, DreamTime, Lavender</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Warm Embrace Body Wrap, DreamTime, Sage Green</strong></td>
<td>Dream Time’s Warm Embrace wraps your body and mind in soothing comfort, transforming everyday stress into a paradise of pure well-being and relaxation. Its healing warm or cool touch comforts body and soul, enhanced by the curative benefits of aromatherapy. Dream Time’s exclusive fragrant fill of cinnamon, clove, eucalyptus and rice soothes the senses, while the Body Wrap’s generous size and shape blankets any area in need of nurturing.</td>
</tr>
<tr>
<td><strong>Water Support Pillow, AquaCore, Therapeutic</strong></td>
<td>Combines a soft, down-like feel with therapeutic water and foam to give you the perfect tool for continuing good health and sleeping comfort. Removable water chamber and cervical insert.</td>
</tr>
<tr>
<td><strong>Water, The Ultimate Cure, Discover Why Water Is The Most Important Ingredients In Your Diet &amp; Find Out Which Water Is Right For you, By Steve Meyerowitz (Sproutman)</strong></td>
<td>Discover why one’s drinking habits may be the cause and cure of headaches, lower back pain, stress and depressions, high blood pressure, high cholesterol and excessive weight.</td>
</tr>
<tr>
<td><strong>White Flower Balm, 0.67 fl. oz.</strong></td>
<td>Use White Flower Balm for the temporary relief of minor aches and pains of muscles and joints associated with simple headache, arthritis, sprains, bruises, and strains.</td>
</tr>
<tr>
<td><strong>White Willow Bark, 100% Natural, 400 mg, 100 Caps</strong></td>
<td>White Willow bark (Salix alba) was the basis for the synthesis of aspirin. It contains salicin and related compounds. It has been used for more than 2,000 years to relieve aches and pains of all sorts.</td>
</tr>
<tr>
<td><strong>White Willow Bark Extract, Standardized, 450 mg, 60 Caps</strong></td>
<td>Nature’s Way Standardized White Willow Bark is a maximum potency (15%) extract from the inner bark of the tree.</td>
</tr>
<tr>
<td><strong>White Willow Bark Tincture, 100% Organic, 2 fl. oz.</strong></td>
<td>Aspirin is a synthetic derivative of white willow bark. White Willow Bark is an analgesic, anodyne, anti-inflammatory, antiseptic, diaphoretic, and fever reducer.</td>
</tr>
</tbody>
</table>
Herbal Remedies: Headache Information
Herbal Remedies: Cluster Headache Information
Herbal Remedies: Headache Supplements, Information & Products
Title:
HEADACHE

Part of the Following:
Large Scale Study of the Safety and Efficacy of the SCIO Device
Chief Editor:
Andreea Taflan DBF IMUNE

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Developed By:
The Centro Ricerche of Prof. William Nelson University of Venice + Padova, Italy

This study was performed in the field by practicing Biofeedback technicians. Data was collected and the study supervised by the Ethics International Institutional Review Board of Romania. The Data analysis and study presentation is done By the The Centro Ricerche, University of Venice + Padova, Italy

Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 100,000 patients with over 300,000 patient visits reported their diseases. Many of them reported this disease. And the results of their therapy are reported in this study. **5,891** were treated 65% improvement was seen.

Introduction:

Overview:

This Large scale research was designed to produce an extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is an evoked potential Universal Electro-Physiological Medical apparatus that gauges how an individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions where determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

A European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

**2,569** therapists enlisted in the study. There were 101,201 patients. 69% had more than one visit. 43% had over two visits. There were over 300,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapist’s personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.

Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)

Part 3. Proving the efficacy of the SCIO on the Avant Garde therapies of Complementary Med
Part 4. QQC standardization

Methods and Materials:

**SCIO Device:**

The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcoodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

**Subspace Software :**

The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

**SOC Index :**

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahnemann the father of homeopathy, he said that the body heals itself with its innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahnemann said that the worst way to interfere with the healing natural process was Allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

**Study Technicians :**

The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are
not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were

A. placebo group,       B. subspace group,       and       C. attached harness group.

Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions**: these are the key questions of the study

1. *Define Diseases or Patient Concerns*
2. *Percentage of Improvement in Symptoms*
3. *Percentage of Improvement in Feeling Better*
4. *Percentage of Improvement Measured*
5. *Percentage of Improvement in Stress Reduction*
6. *Percentage of Improvement in SOC Behavior*
7. *What Measured + How (relevant measures to the patient’s health situation)*
8. *If Patient worsened please describe in detail involving SOC_*

After the patient visit was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of data loss or tampering. Case studies were reported separately in the disease analysis.

**MEDICAL DETAILS**

Headache: classification

1. Migraine
   1.1 Migraine without aura
   1.2 Migraine with aura
   1.2.1 Migraine with typical aura
   1.2.2 Migraine with prolonged aura
   1.2.3 Familial hemiplegic migraine
   1.2.4 Basilar migraine
1.2.5 Migraine aura without headache
1.2.6 Migraine with acute onset aura
1.3 Ophthalmoplegic migraine
1.4 Retinal migraine
1.5 Childhood periodic syndromes that may be precursors to or associated with migraine
1.5.1 Benign paroxysmal vertigo of childhood
1.5.2 Alternating hemiplegia of childhood
1.6 Complications of migraine
1.6.1 Status migrainosus
1.6.2 Migrainous infarction
1.7 Migrainous disorder not fulfilling above criteria

2. Tension_type headache
2.1 Episodic tension_type headache
2.1.1 Episodic tension_type headache associated with disorder of pericranial muscles
2.1.2 Episodic tension_type headache unassociated with disorder of pericranial muscles
2.2 Chronic tension_type headache
2.2.1 Chronic tension_type headache associated with disorder of pericranial muscles
2.2.2 Chronic tension_type headache unassociated with disorder of pericranial muscles
2.3 Headache of the tension_type not fulfilling above criteria

3. Cluster headache and chronic paroxysmal hemicrania
3.1 Cluster headache
3.1.1 Cluster headache periodicity undetermined
3.1.2 Episodic cluster headache
3.1.3 Chronic cluster headache

3.1.3.1 Unremitting from onset

3.1.3.2 Evolved from episodic

3.2 Chronic paroxysmal hemicrania

3.3 Cluster headache_like disorder not fulfilling above criteria

4. Miscellaneous headaches unassociated with structural lesion

4.1 Idiopathic stabbing headache

4.2 External compression headache

4.3 Cold stimulus headache

4.3.1 External application of a cold stimulus

4.3.2 Ingestion of a cold stimulus

4.4 Benign cough headache

4.5 Benign exertional headache

4.6 Headache associated with sexual activity

4.6.1 Dull type

4.6.2 Explosive type

4.6.3 Postural type

5. Headache associated with head trauma

5.1 Acute post traumatic headache
5.1.1 With significant head trauma and/or confirmatory signs
5.1.2 With minor head trauma and no confirmatory signs

5.2 Chronic post-traumatic headache
5.2.1 With significant head trauma and/or confirmatory signs
5.2.2 With minor head trauma and no confirmatory signs

6. Headache associated with vascular disorders
6.1 Acute ischaemic cerebrovascular disease
6.1.1 Transient ischemic attack (TIA)
6.1.2 Thromboembolic stroke
6.2 Intracranial haematoma
6.2.1 Intracerebral haematoma
6.2.2 Subdural haematoma
6.2.3 Extradural haematoma
6.3 Subarachnoid haemorrhage
6.4 Unruptured vascular malformation
6.4.1 Arteriovenous malformation
6.4.2 Saccular aneurysm
6.5 Arteritis
6.5.1 Giant cell arteritis
6.5.2 Other systemic arteritides
6.5.3 Primary intracranial arteritis

6.6 Carotid or vertebral artery pain

6.6.1 Carotid or vertebral dissection

6.6.2 Carotidynia (idiopathic)

6.6.3 Postendarterectomy headache

6.7 Venous thrombosis

6.8 Arterial hypertension

6.8.1 Acute pressor response to erogenous agent

6.8.2 Phaeochromocytoma

6.8.3 Malignant (accelerated) hypertension

6.8.4 Pre_eclampsia and eclampsia

7. Headache associated with non_vascular intracranial disorder

7.1 High cerebrospinal fluid pressure

7.1.1 Benign intracranial hypertension

7.1.2 High pressure hydrocephalus

7.2 Low cerebrospinal fluid pressure

7.2.1 Postlumbar puncture headache
7.2.2 Cerebrospinal fluid fistula headache
7.3 Intracranial infection
7.4 Intracranial sarcoidosis and other non_infectious inflammatory diseases
7.5 Headache related to intrathecal injections
7.5.1 Direct effect
7.5.2 Due to chemical meningitis
7.6 Intracranial neoplasm
7.7 Headache associated with other intracranial disorder

Headache: classification (continued)

8. Headache associated with substances or their withdrawal
8.1 Headache induced by acute substance use or exposure
8.1.1 Nitrate/nitrite induced headache
8.1.2 Monosodium glutamate induced headache
8.1.3 Carbon monoxide induced headache
8.1.4 Alcohol_induced headache
8.1.5 Other substances

8.2 Headache induced by chronic substance use or exposure
8.2.1 Ergotamine_induced headache
8.2.2 Analgesics abuse headache
8.2.3 Other substances
8.3 Headache from substance withdrawal (acute use)
8.3.1 Alcohol withdrawal headache (hangover)
8.3.2 Other substances
8.4  Headache from substance withdrawal (chronic use)

8.4.1  Ergotamine withdrawal headache

8.4.2  Caffeine withdrawal headache

8.4.3  Narcotics abstinence headache

8.4.4  Other substances

8.5  Headache associated with substances but with uncertain mechanism

8.5.1  Birth control pills or oestrogens

8.5.2  Other substances

9.  Headache associated with non-cephalic infection

9.1  Viral infection

9.1.1  Focal non-cephalic

9.1.2  Systemic

9.2  Bacterial infection

9.2.1  Focal non-cephalic

9.2.2  Systemic (septicaemia)

9.3  Headache related to other infection

10.  Headache associated with metabolic disorder
10.1 Hypoxia

10.1.1 High altitude headache

10.1.2 Hypoxic headache

10.1.3 Sleep apnoea headache

10.2 Hypercapnia

10.3 Mixed hypoxia and hypercapnia

10.4 Hypoglycaemia

10.5 Dialysis

10.6 Headache related to other metabolic abnormality

11. Headache or facial pain associated with disorders of cranium, neck, eyes, ears, nose, sinuses, teeth, mouth or other facial or cranial structures

11.1 Cranial bone

11.2 Neck

11.2.1 Cervical spine

11.2.2 Retropharyngeal tendinitis

11.3 Eyes

11.3.1 Acute glaucoma

11.3.2 Refractive errors

11.3.3 Heterophoria or heterotropia

11.4 Ears

11.5 Nose and sinuses

11.5.1 Acute sinus headache

11.5.2 Other diseases of nose or sinuses

11.6 Teeth, jaws and related structures

11.7 Temporomandibular joint disease
12. Cranial neuralgias, nerve trunk pain and deafferentation pain
12.1 Persistent (in contrast to tic-like) pain of cranial nerve origin

12.1.1 Compression or distortion of cranial nerves and second or third cervical roots
12.1.2 Demyelination of cranial nerves

12.1.2.1 Optic neuritis (retrobulbar neuritis)
12.1.3 Infarction of cranial nerves
12.1.3.1 Diabetic neuritis
12.1.4 Inflammation of cranial nerves
12.1.4.1 Herpes zoster
12.1.4.2 Chronic post_herpetic neuralgia
12.1.5 Tolosa_Hunt syndrome

12.1.6 Neck_tongue syndrome

12.1.7 Other causes of Persistent pain of cranial nerve origin

12.2 Trigeminal neuralgia
12.2.1 Idiopathic trigeminal neuralgia
12.2.2 Symptomatic trigeminal neuralgia
12.2.2.1 Compression of trigeminal root or ganglion
12.2.2.2 Central lesions
12.3 Glossopharyngeal neuralgia
### 12.3.1 Idiopathic glossopharyngeal neuralgia

### 12.3.2 Symptomatic glossopharyngeal neuralgia

### 12.4 Nervus intermedius neuralgia

### 12.5 Superior laryngeal neuralgia

### 12.6 Occipital neuralgia

### 12.7 Central causes of head and facial pain other than tic douloureux

#### 12.7.1 Anaesthesia dolotosa

#### 12.7.2 Thalamic pain

### 12.8 Facial pain not fulfilling criteria in groups 11 or 12

### 13. Headache not classifiable

---

**Headache:** differential diagnosis

<table>
<thead>
<tr>
<th>Designation</th>
<th>Age at presentation and sex</th>
<th>Timing of onset</th>
<th>Localization and type of pain</th>
<th>Comitant symptoms</th>
<th>Triggers</th>
<th>Drug Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Migraine</td>
<td>Puberty, M &lt; F, in childhood M &gt; F</td>
<td>Onset often in morning may last 24–72h, weekly recurrences</td>
<td>Hemicrania or unilateral start, mainly frontotemporal, changing sides, boring, throbbing, patient retires to bed</td>
<td>Nausea, vomiting, intolerance light and noise; possibly flickering scotoma, focal neurological symptoms Some foods (cheese, chocolate), drinks (red wine), premenstrual, relaxation, alcohol, weather change</td>
<td>Beta-blockers, calcium antagonists, sumatriptan</td>
<td></td>
</tr>
<tr>
<td>Cluster headache (migrainous neuralgia)</td>
<td>Age 30–40 years, 80% males</td>
<td>Nights, often same time, 20–120 min. Daily for weeks, free for months</td>
<td>Unilateral periorbital, severe shooting pain, restless perambulation Redness of eye and forehead, ipsilateral tear and nasal secretion, Homer’s syndrome None; occasionally alcohol, histamine, nitrate</td>
<td>Corticosteroids, serotonin antagonists, lithium, sumatriptan oxygen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chronic paroxysmal hemicrania</td>
<td>Age 30–50 years, F &gt; M</td>
<td>Day and night 5–30min. No remissions</td>
<td>Unilateral, shooting, boring</td>
<td>Lacrimation, facial flushing and lid swelling</td>
<td>None; rarely head movement</td>
<td></td>
</tr>
<tr>
<td>Trigeminal neuralgia</td>
<td>Older ages, more females</td>
<td>Numerous daily attacks, lasting seconds. Free months to years</td>
<td>Unilateral, mostly 2nd and 3rd division</td>
<td>Unbearable, severe shooting, burning pain Anorexia, avoids speaking, shaving triggering</td>
<td>Touching trigger points, chewing, swallowing, cold air Carbamazepine, Phenytoin</td>
<td></td>
</tr>
</tbody>
</table>
Cranial arteritis  Over age 50 years  Day and night, continuous for weeks and months, no remission  Mainly temporal, dull pressure pain, often bilateral  Swollen tender temporal artery. High ESR. Possible visual disorder, joint and muscle aches (polymyalgia rheumatica)  Chewing aggravates ('claudication')  Corticosteroids

Tension headache  Adults, F > M  Waxes during day, lasts weeks  Diffuse, later worse at back, tight band  Insomnia, psychiatric symptoms, apprehension factors  Stress, psychological  Anxiolytics, antidepressants

Analgesics headache  Adults, 90% female  Morning_night, weeks, months  Diffuse, dull, pressing  Pallor, alopecia, anorexia, nausea, renal failure  Withdrawal of analgesic drugs  Beta_blockers, amitriptyline

Differential diagnosis of cluster headache and chronic paroxysmal hemicrania

Cluster headache(migrainous neuralgia)  Chronic paroxysmal hemicrania

Prevalence by sex  Male >> female  Female >> male

Age of affection  20_40 years  30_50 years

Site of pain  Orbitofrontal, strictly unilateral  Orbitofrontal, strictly unilateral

Accompaniments  Unilateral lachrimation and rhinorrhea, conjunctival injection, Horner's syndrome  Unilateral lachrimation and rhinorrhea, lid swelling

Course  Periods of pain lasting weeks, remissions lasting months, often worse spring and autumn  No remissions, daily attacks of pain

Diurnal pattern  Often at night, often at same time  None

Attack frequency  1_4/day  6_30/day

Attack duration  20_120min  5_30min

Triggers  Alcohol, GTN, histamine, certain foods  Rarely head movement

Treatment During attack  Interval  Ergotamine, oxygen, sumatriptan corticosteriods, ACTH, serotonin antagonist (pizotifen), lithium  Indomethacin (aspirin)

Diagnostic criteria of drug_induced headache

1. Headaches > 20 days/month
2. >10 hours of headache per day
3. Drug use on >20 days/month (analgesics, ergot derivatives)
4. Headaches increase after cessation of drugs
5. No connection between continuous headache and pretreatment headache syndrome

Groups of drugs liable to cause headache

**Analgesics, anti-inflammatory, antimalarials**

**Corticosteroids**
- Thyroid preparations
- Nitrate, antiarrhythmic agents

**Glycosides, diuretics**
- Ergot derivatives
- Hypolipidaemic agents
- Calcium antagonists

Various (acetazolamide, amantadine, bromocriptine, carbamazepine, griseofulvin, isoniazid, metronidazole, nitrofurantoin, phenytoin, rifampicin, theophylline)
- Progestogens, oestrogens
- Benzodiazepines, barbiturates
- Muscle relaxants

**Neuralgias and pain in face and head**

1. **Trigeminal neuralgia**: commonly 2nd and 3rd divisions; attacks have trigger point (may be symptom of tumours, inflammation, Multiple Sclerosis)

2. **Anaesthesia dolorosa**: continuous trigeminal pain in hypalgesic or analgesic territory of nerve (after surgery or ophthalmic herpes zoster)

3. **Raeder’s syndrome**: symptomatic neuralgia of 1st division with Horner’s syndrome, possibly also ophthalmoplegia (middle cranial fossa pathology)
4. Gradenigo's syndrome: continuous 1st and 2nd division pain with disordered sensation, VI nerve palsy (tumour or inflammation in region of petrous apex)

5. Glossopharyngeal neuralgia: pain in root of tongue, throat, external auditory meatus (idiopathic, tumour)

6. Neuralgia of superior laryngeal nerve: laryngeal pain on swallowing, yawning, talking; with cough and hoarseness (infections, tumours)

7. Nasociliary neuralgia: paroxysmal orbital pain on touching medial canthus and chewing; associated with oedema and rhinorrhoea (idiopathic, infections)

8. Neuralgia of sphenopalatine ganglion (Sluder's neuralgia): minute_long attacks of pain in orbit, root of nose and upper jaw with lacrimation, rhinorrhoea and facial flushing (idiopathic in older females)

9. Neuralgia of auriculotemporal nerve (gustatory sweating): on eating a dragging pain with local flushing and sweating, lachrimation. Localized sensory disorder (after parotid surgery or parotitis)

10. Vidian's neuralgia (greater superior petrosal nerve): pain medial canthus (with tenderness), root of nose, upper jaw, palate, with sneezing (idiopathic, inflammatory)

11. Tolosa_Hunt syndrome: retro_orbital pain in superior orbital fissure syndrome (non_specific inflammatory)

12. Geniculate ganglion neuralgia: attacks of pain in the ear (vascular malformations, tumour)

13. Costen's syndrome: continuous facial pain in front of ear with burning in mouth, dizziness and tinnitus (anomalies of temporomandibular joint)

14. Styloid process syndrome: glossopharyngeal pain (from excessively long styloid process, local calcification or trauma)

15. Occipital neuralgia: paroxysmal pain along greater or lesser occipital nerve (idiopathic)

17. Neuralgia of intermedius nerve: deep ear pain, paroxysmal with trigger point in ear (idiopathic, varicella_zoster virus infection)

Results:

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.

HEADACHE

This groups significant SOC cut off was 175.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

This disease group total number of patients was 5,891
Subspace Treatment 2,565 patients, 3,326 SCIO Harness Patients

OVERALL ASSESSMENT

A. Subspace Treatment 4,670 patient visits

There were 21 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

32 cases reporting no improvement of Symptoms, .007 % of Subgroup
21 cases reporting no improvement in feeling better, .004% of Subgroup
21 cases reporting no improvement in stress reduction .004% of Subgroup

32%--- Percentage of Improvement in Symptoms
43%--- Percentage of Improvement in Feeling Better
21%---.Percentage of Improvement Measured
45%-- Percentage of Improvement in Stress Reduction
23%----Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 5,439 patient visits

There were 23 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

23 cases reporting no improvement of Symptoms, .004% of Subgroup
23 cases reporting no improvement in feeling better, .004% of Subgroup
24 cases reporting no improvement in stress reduction .004 % of Subgroup

43%--- Percentage of Improvement in Symptoms
65%--- Percentage of Improvement in Feeling Better
59%--- Percentage of Improvement Measured
60%-- Percentage of Improvement in Stress Reduction
5 %----Percentage of Improvement in SOC Behavior

CASE STUDY REPORT CONDENSATION:

“2002-6 Shigisoara Romania
A 35 year old man presents with headache. Doctor scans show a 5 cm lesion in the parietal lobe left. the doctors assume that there is cancer. the SCIO system reports no cancer, but rather a parasite. the man gets chemotherapy and dies. After death the autopsy shows no cancer, but a worm parasite is found. ”

“I am working with the SCIO-System since 4 years. In my practice my patients are mainly chronically ill patients with e.g. following diseases:
Auto aggressive diseases like ALS, Multiple Sclerosis, Crohn Disease,
Colitis Ulcerosa, Lupus e.,
Chronically digestion Problems
Rheumatism, Fibromyalgia, Spinal Column Problems,
Various Cancer Diseases like Lung Cancer, Mammary Cancer, Leukemia,
Stomach Cancer, Liver Cancer,
Neurologically Diseases like ADS, Depressions, Trauma, Brain Injuries,
Allergies
Skin Diseases like Neuro-Dermatitis, Psoriasis
Migraine
I have used the SCIO to measure my patient’s reactance to many various items which electrical patterns are digitally stored in the system.. I have used the device for therapy on my patients and it is highly accepted from them, because it is safe, showing no side-effects and is non invasive.
The SCIO-System treats the body's electric in a safe biofeedback way which helps the body to reactivate its body's own healing capacitance to finally come back to a well functioning body-regulation-system. It might appear a little futuristic if you do not know the background of the system, but if you would take the chance to look a little deeper, I am sure you would agree on its scientific validity and benefits.

Bottrop, Germany”

“About 2 years ago, I was in great pain, severe headaches almost every day. I was tired all the time even after sleep. I woke up with stiff neck and muscles. I was taking Tylenol, Advil in great quantity and was not getting better. One day when I could not take the pain anymore my sister advised me to go to a QXCI practitioner. After the 1st session, I could not believe it, the pain was gone 80% and for the week I did not have the severe
headaches. I continued to go for 2 more sessions after which I decided to buy the QXCI and to de stress myself and my family. I feel much better now and more energy and having great results with other members of my family. I Thank God and Professor Nelson for QXCI!

City unknown.”

“I was diagnosed at age 11 with polycystic kidney disease and spent most of my twenties really ill. Low energy levels, headaches, gout attacks, high blood pressure, insomnia as well as getting up for a wee every two hours or so at night... Very frustrating... - as a result I know I was prescribed far too many allopathic drugs and was on some sort of anti-biotic every few weeks or so, and a box of myprodol painkillers only lasted a month. This all contributed to my failing health and by age 29 I was told by a renal specialist that I have 5 years left on my kidneys before I would go into renal failure and require dialysis.

My father died at age 57 of the same disease, around the same time I was given this grim picture.

Luckily fate intervened and I was introduced to my practitioner for a 1 1/2 hour qxci session. I was totally unconvinced as I felt nothing and my accountant brain could not understand this alternative treatment. The following day I felt as if a bus had hit me and I knew on some level, something had happened. I believe I underwent a healing crisis and the next 6 weeks were a blur. I slept like the dead (slept walked to the bathroom though)... so I decided to keep an open mind and continued going for a session every month.

The sessions definitely knocked me out and I usually slept most of the following day after a session, my body really responded well and there was nothing subtle about it.

Six months earlier I had been having bad dental problems and needed to undergo root canal treatment which I had put off. Our family has bad teeth and I was not immune. Eventually after 7mts of qxci treatments I went to the dentist to have the treatment. I don't know who was more shocked, him or me when the x-rays revealed nothing! No holes, no bad teeth - nothing to work on and I walked out in utter amazement.

I then went for a renal check up and had the specialist report on my extremely strange results. My scan (physical picture of the kidney) did not match the actual renal function test done. It was impossible (according to her) that a kidney looking like that could perform so well. My kidney was in fact functioning better than a healthy person and at a 100% - totally unheard of. She was shocked,.... but I knew better.

That is when I started to investigate the qxci with more interest and eventually after research and continued sessions - I plunged in and bought my own for home use.

Needless to say my interest soared and I learnt so much by taking on guinea pigs - they taught me so much and eventually I started taking clients on a part time basis. This ultimately led on to me leaving the corporate accounting profession and working full time from home.

I have seen so many people shift and their lives improve. I know with all my heart that this device is indeed tomorrow’s medicine today and I am so grateful that it found me. I have awakened and I know I have work to do.

I am now 36 and my latest kidney scan is still phenomenal - kidney function was 99% and I have not been on antibiotics in years, I no longer suffer from gout, nor do I get those awful headaches. On top of it - I can generally sleep through the night and very rarely get up once to go to the bathroom. My energy levels have soared and I am a totally different person.

I have been blessed to personally meet Bill Nelson and have hugged him and told him... thank you. His spirit is so large - we have no idea. I feel only love towards this great spirit.

A few short months after going full time as a qxci/scio practitioner, my husband (age 33) was diagnosed very unexpectedly with a brain tumor. 8cm x 5cm - mixed oligodendro glyoma / astro cytoma... He was given 4 weeks to live and if they operated a 90% chance of being permanently paralyzed and possibly only having 6 months to live.
This happened in July 2006 and I began doing qx sessions on him in earnest. He underwent an extremely successful operation and then did chemo and radiation - along with alternative therapies such as regular qxci/scio sessions, detox foot patches, and nutritional supplements.

6 months later, we packed it all up and travelled Africa... (he had now been given a year to live, and he intended to live it). We came home every two months for scans and qxci/scio sessions and then were off again. We ended up traveling for an entire year and got back 1 Dec 07.

His latest scan shows that the tumor is shrinking and is now only 2.5cm - and once again the medical world is amazed. They have taken his case as a case study, but when it comes to discussing our alternative choices, their limited minds cannot acknowledge it. It is a pity that they are unable to expand their minds to learn more about what we both know.

City unknown”

“About a year ago, a regular client came in (meaning once each month) and one of the highest reactivity was natural gas. I asked her, "Do you have natural gas in your home?". She said she did. She also said that both she and her husband had been having digestive issues and her husband also was starting to have headaches. She called me a week later after having called the natural gas company and they found FOUR natural gas leaks in her home. She has animals and none of them would go near the areas where the gas leaks were!! She was so very appreciative and it could have saved their lives had the QXCI not detected this!

City unknown”

“I myself was in a motor vehicle accident just recently. It was in New York State USA. I felt the whip lash setting in almost immediately.

Breathing exercise and relaxation tech. helped a great deal at the time but the drive home it was hard to repeat the relaxation.

But the time I got home 2 hours later my muscles were tight and I was very stiff and new that by the morning I would have whip lash all over again.
Once home I got ready to do a session on the EPFX and went through various biofeedback programs. When I was finished I felt better. I needed to get up and move around and stretch which helped release the tension in my muscles and joints. I was fine after and have be great since.

Another client of mine has a new born daughter. She was 4 months old and was waking up during the night crying and this was also keeping her mom up.

I entered her daughters profile into the EPFX and ran through several biofeedback protocols. After talking to her mom I discovered one was her smoking which was causing a stress on her daughter. The other was indigestion and a birth trauma while in labor. The EPFX biofeedback balancing was a success. The daughter slept that night and every other night since for 8 hour or more. She has been fine and her mother has been able to get her sleep as well.

A young lady I know has been having headaches for months. She has tried many things to get rid of the headaches and be able to return to work but nothing has helped. From morphine to cranial sacral with no help.

I then told her about the EPFX and talked about different types of stress that could be causing the headaches. We final thought that a session with the EPFX would be in order. After the biofeedback session with her attached to the EPFX plus a upper shoulder and neck massage I was told that that night she returned home with a slight
headache. Upon waking in the morning the headaches was gone and she has been headaches for 3 weeks. Her mother believes 100% that the EPFX was the main reason for her daughters pain relief.

There was a time that was demonstrating the EPFX to a colleague of mine and during the session I saw things that lead me to believe that she may be trying to get pregnant. I asked and yes she was for some time.

I told her I did not have time To go further but would look into her problem at a later date. Once I had time to look deeper I found a few thing of interest and then questioning her with my finding was told that I once 100 percent accurate. She never mentioned any of the thing I found but told me the medical profession was aware of her situation.

I gave 2 more session to her and then was unable to see her for about a month. On meeting her I asked if she had heard any news and the smiled told me the answer. She believes what I did along with some other things she was doing helped but more of what I did was the turning point. Both parents are very happy and are amazed at things worked out with the help of the EPFX.

I am helping a local dance studio with some competitive dance groups. The teacher has noticed and difference with the students and this will be a ongoing study for the dance studio and myself.

Ontario, Canada"

“I have worked with a 2 year old female who was throwing tantrums everyday for many weeks. She had fallen several weeks earlier and bumped her head. I told her mother about biofeedback and Dr recommends homeopathic remedies. She decided to do a session. I took an hour to run my protocol, advised her to use some hompeopathics for the child and she has not thrown a single tantrum since this session.

A friend of mine told me that her friend was diagnosed with endometriosis and that she would have to have surgery for this within a few weeks. She had had many pains and female issues. I had to act quickly so I sent her a bottle of Fem B - Dr Recommends. She took it for 3 days and all of her symptoms disappeared. She told me that she cancelled the surgery during a presentation I gave, in the town she lived in.

I am a 29 year old male and have had acne for over ten years. I have used diet, cleansing and other natural remedies. My symptoms decreased around 80%. I own the biofeedback device and I am the one sending this email. I did a session using the situation method, specifically on this issue. The results showed a possible bacteria problem. I proceeded with my protocol and then used Dr recommends Bacteria Fuge for over a week. My acne is nearly 100% diminished. There is hope for those who seek the truth.

I have scanned my girlfriend who is 25 years old several times. She has had some cramps, back pain and headaches prior to these sessions. She uses Dr Recommends remedies - Fem B, Thyroid Thymus and Parathyroid. Basically I use the device to detect the appropriate remedies for her during the month. She has no headaches, her back pain has decreased by 75% and she has no more cramps.

I scan my mother who is 55. She has been diagnosed with hypothyroid and was taking synthetic drugs for this. I told her to try the Dr, Recommends Thyroid Thymus Parathyroid. She told her physician about it as well. She no
longer uses the drugs and she has told me she notices a clearer mind when using the biofeedback and homeopathics.

I worked with a 10 year old girl who had different allergies that were pollen related. I did a biofeedback scan and sure enough it showed on the device both in the allergy screen and in the main matrix. I did the session and gave her the Dr. Recommends Pollen remedy. Her allergies have decreased considerably since this session.

Dilworth, Minnesota”

“A 49 year old woman from Los Angeles, CA had experienced intense pre-menstrual depression, bloating, headaches and irritability, and post-menstrual painful and debilitating cramps for over 30 years. After 5 treatments over 3 month’s time with the EPFX she reported that her pre-menstrual depression was completely gone. Her mood swings had disappeared and the menstrual cramps were in most cases no longer an issue and when she did experience them the severity was lessened by 90%.

L.A., U.S.A.”

All my family, including myself, respond extremely well to the SCIO. I have worked on headaches, allergies, digestive disorders, flu, amoeba infections, malaria and generally kept my family and some faithful clients in very good health for the last 4 years since I bought the SCIO. I can’t imagine not having it.

City Unknown

“I purchased the EPFX for personal use in January of 2007. I was hoping to get some relief from some long-term depression and support my other health issues and those of my family

I have received immense help. In fact, it has changed my life. My thinking is different. To some degree, I feel like a different person. I think clearer and have a purpose and a mission. I am volunteering to be in charge of fund raising activities and am more involved in my community. That would not have happened one year ago.

I also had a lot of pain in my shoulder back and legs. All completely gone. The pain I had in my upper left tooth is also gone. I thought I would have to get it pulled. My husband has a very stressful job and is able to handle all sorts of situations with much more ease. He also had a toothache that was completely relieved of pain after just two sessions. And then he went hiking and had a pain in his hip that just continued to get worse. In two sessions, he was pain free from that as well.

I have also used it to manage my migraines, which are now almost non-existent.
I was able to relieve my Mother of her back pain and the pain in her knee from her knee replacement. We are also trying to work on her Wet Macular Degeneration. We will be monitoring the progress from these sessions, as well.

My sister has many phobias and I was able to help her have more confidence and handle situations with more ease.

The EPFX is a valid and valuable asset. I think every family should have at least one to help support the needs of themselves, their friends and loved ones.

City Unknown”

“I was getting migraines every day or two for 6 months or more, and had a few sessions on my Aunt’s machine. After one of the sessions, my migraines went away for almost a whole month. I was in a horrible motor vehicle accident 4 years ago, and wasn’t expected to survive, and if I did survive I would be a vegetable, or a paraplegic. I had a lot of work to do to get better, but I am not a vegetable, I can walk, talk, and breathe without a respirator. And that was before I was introduced to an EPFX.

Since then I have been getting better all the time, people that know me are shocked when they see me, after not being around for a while. They think I am a new person. I talk better(louder with more control, wasn’t much more than a whisper before), my balance is better, I have more strength, am not in as much pain, and am more myself than I have been since the accident. I feel better all the time, and am so grateful for this machine that has been such a huge part in helping me get where I am today! Thank you!

My fiance has had great results from sessions with the EPFX. He has had very high blood pressure, but was not on medication for it(the doctor had threatened to put him on meds for it if he did not lose 30 lbs). He didn’t manage to lose 30lbs. But after 10 months of sessions at least once a month (but not usually more than twice a month), his blood pressure is not an issue with the doctor anymore.

Also, he has been deaf in his left ear since an accident when he was 5. The doctors said the hair follicles in the cochlea had fallen out, and he would never hear in that ear again.

He has been getting hearing tests every year for work, everyone was always the same, profound to completely deaf in that ear, until this year. The tests were always 85-95's, but the last test was 55-65's. And hearing was never really focused on during sessions, it is now.

City Unknown”

“52 year old white woman. Depression, overweight, migraines, musculoskeletal pain, menopausal sx – hotflashes, heart palpitations, multiple surgeries incl hysterectomy, breast reduction, and urethral.blockage. Multiple car accidents. 3rd marriage, previous husbands abusive.
Rx: Ceprolex, Phentolin.


Client left looking like a different person after long session (almost 3 hours.) She went home and changed her diet. Lost 25 pounds, did some extreme self care and altered her realationships. Depression lifted. She is starting a business and feels like a “new person.” All symptoms drastically reduced/ 

City Unknown”

“Recently a couple who have been longtime friends were visiting. The woman has suffered diagnosed migraines for years. She currently has a prescription for the migraines which even with medical insurance costs her $10 a pill. She does not like to take the medication and suffer the side effects and as she felt the beginnings of a migraine she asked if I would hook her up to the biofeedback device. Having never had a client with migraines, I used a written protocol. Within an hour after the 1-1/2 hour session she was no longer experiencing any symptoms and was so energized that her husband and I were having trouble keeping up with her when we went for a walk.

Thank you for all that you do.

City Unknown”

“My personal experience with the treatments on the machine have been great. I was able to get rid of migraines, PMS, hormone imbalances, left over trauma and emotions and fibrocystic breast disease. I have been able to build my immune system, treat all my stressed organs, regulated and knocked out my sugar craving. It has made me more conscious of the lifestyle changes I need to make to be healthier. My digestion has improved greatly, along with my attitude and my energy level. The detoxing treatments have allowed my body to get rid of the candida (yeast) and other bacterias and toxins in the body. I am always amazed with the accuracy of the machine, not just because of my personal experience, but through the experiences of my clients.

- Broomfield, CO”

“This is a testimonial for a client of mine whose date of birth is September 10, 1982. She has been diagnosed with chronic sinusitis and has been suffering headaches for 6 months now. Since starting therapy, her headaches have gone from constant day after day to the odd headache, perhaps one every 2 weeks. I have used biofeedback on my client 8 times since September, 2007 and the results have been great. She has not needed to take any of her prescriptions for her sinuses since she started coming to me for biofeedback therapy. Her progress has been very
promising. I did her last session tonight and her sinuses are clear on the main matrix, all her numbers were between 56 and 98 when I typed in “sinus” and performed a search in the main matrix. She says she has not had a headache in over 3 weeks.

City Unknown”

“I have had the privilege of working with the EPFX for 2 years. I have suffered with migraine headaches for 38 years and have tried many therapies including: conventional medicine, yoga, mindfulness, acupuncture, exercise and diet modification. In the last two years I have experienced a decrease in the frequency and intensity of the headaches.

As a result, I have created many extraordinary personal and professional opportunities. I am grateful for this technology and how it has had a positive impact on my life, the lives of my children, family and friends.

City Unknown”

“A 60+ year old woman with a history of trauma due to an auto accident. She had damage to her cervical vertebrae and 20 years ago underwent a surgical procedure to fuse some of those vertebrae. She was having headaches, tingling down her arms to her hands, and could not turn her neck. I did one balancing session, and 1 week later she called to tell me the pain was gone from her hands, neck, and head, and she could turn her head and drive again!
She was very happy, as I was for her.

City Unknown”

“I have only been working with the QXCI for less than 6 months. I myself have suffered from chronic headaches/fibromyalgia daily for over 15 years. Medication, exercise, chiropractic treatments had offered limited relief. My usual headaches would be so bad that I would be so exhausted I was unable to do anything extra with my family as my entire energy was spent at work. The headaches were so bad that I was nauseated most days and would vomit at least monthly. Needless to say I also missed alot of work. I have been rebalancing the stress with the QXCI and I no longer have daily headaches. I had forgotten what it was like to be PAIN FREE. In the last 6 months I have had less than 2 headaches a month and only 2 headaches that I felt nauseated from (and no vomiting). I can't tell you how this has changed my entire life and how hopeful I am about my future. I am a registered nurse and I see daily how people suffer as the usual medical treatments are limited and frequently don't offer relief (and if they do there are always the side effects of medications).

City Unknown”

“I had been suffering from chronic migraines for the past 5 years. I tried acupuncture, chiropractic, and traditional western medicine. Nothing was able to "cure" my condition, so I resorted to a pain medication multiple times per week. However, through the QXCI EPFX/SCIO I discovered that the problem didn’t have anything to do with misaligned vertebrae, blocked meridians, muscle inflammation, or anything to do with my brain; it had to do with
inflamed lymphatics and stored emotional trauma. As I worked on stimulating the lymph and the associated emotions with the devise my headache disappeared. DISAPPEARED.

City Unknown”

“Female: Age 36

Came to see me in the summer of 07. Clinical Diagnoses was depression and anxiety, suffering from ongoing Migraines, presented with severely disrupted sleep patterns and chronic fatigue. She was taking 3 medications 2 for her depression and anxiety and one for blood pressure. She had exhausted all other avenues of traditional approaches before seeing me.

My analyses showed severe dysbiosis, low Bowel Flora levels and a compromised GI tract.

Buffalo, NY”

“I am a 58-year-old woman who has been treated for chronic daily (cluster) migraines for 23 years and chronic allergies (environmental) and sinusitis for most of my life. In addition, for the past year, I’ve been treated for chronic neck pain as a result of a shoulder surgery I underwent in 1/11/07. In November of 2007, I was diagnosed with sleep apnea.

I had been living on a host of medications, prescribed by a neurologist, a sleep disorder specialist (also an neurologist), an ear, nose and throat specialist, a psychiatrist and a surgeon. In mid-December 2207 I began having new severe symptoms including loss of sleep and appetite, weight loss, confusion, and hyper-manic and obsessive-compulsive behaviors. On Jan. 20, 2008 my neurologist advised me to immediately cease taking the calcium channel-blocker she had prescribed a month before. At the same time, I made the decision to go off all the medications I was taking, including all pain meds, sleeping pills, and nasal steroids. This catapulted me into drug withdrawal and a severe state of detoxing.

On Jan 29 I was treated by a practitioner with the QXCI biofeedback machine. I subsequently had 3 more treatments. As of today, I am pain-free, exercising regularly and eating normally. I am taking no medications at all except bio-identical hormones. I am comfortable in my body for the first time in memory.

City Unknown”

“I am more alert, feels much less stressed out and also begin to recognize my stress as soon as it starts to build up. I begin to be aware of my emotions and most of all, I learn to be more prayerful as I recognize the negative energy around me like feeling depressed for no apparent reason. My skin (face) seem to be be more sun tanned(someone points that out to me) and healthy looking. In other word, I seem to look younger. I remember that my nephew was having headache one afternoon and yet he had to go to work. I did the scio ‘zapping’ for him and when he returned later that evening, he told me that his headache had diminished almost to 1.5 from the count of 7. I found out also that his lessening of his headache coincided with my ‘zapping’ him.

City Unknown”
“Age 49, female, smoking and sweet addiction, headaches, tennis elbow. Sweet addiction reduced after initial session on Feb 8/06. Smoking addiction reduced after initial session as well. She reported feeling sick when she went too smoke.

City Unknown”

“Age 60, female, asthma and allergies and headaches. After initial session Dec 20/07 she was breathing deeper, getting more sleep, dizzy/nausea and weepy following session, and yoghurt not settling either. She was waking up in mornings without headaches, but they came back during the day. After second session on Dec 24/07 she noticed she was able to take bigger breaths, but still got some headaches. She also noticed floaters the following day and disappeared within the following week. She still wasn’t getting her usual AM headaches.

City Unknown”

“Age 35, female, headaches, endocrine disorder, thyroid disorder. Client since 2005. Noticed headache relief with distance treatment by the end of each sessions. It accurately detects hormonal stress indicators. When hormones balanced naturally with herbs and natural hormone creams, no hormone imbalances reacted on the Sport Program. Whereas, previously it showed almost every hormone reacting and needing balanced. It accurately reacts to her thyroid and related blood sugar and syndrome X type issues routinely.

City Unknown”

“Age about 70, male, headaches, rash, sinus congestion. One session on July 6/05 and reported no headache after, rash cleared, and sinuses cleared. Saw reactivity to feathers and strawberries on Allergy program. Client agreed after session that these are triggers for his symptoms.

City Unknown”

“Age 47, male, headaches, weight, blood pressure, neck tightness, stress. He had two sessions. His first session was June 2/06. He reported on July 7th that he noticed less headaches and neck pain gone.

City Unknown”

“Age 50, female, migraines, low back pain. Migraines improved after 7 sessions. Her lower back pain improved immediately/ during each session, but only lasted a week or two. She reported that her liver spots faded and her finger nails growing better.

City Unknown”

“Age 26 – My headache is gone” after one session.

City Unknown”

“Age 23 – migraine headache substantially improved after one session.

City Unknown”
SCIO TREATMENT SUGGESTED

Color – Indigo, Violet - set patient's favorite if desired, or choose color by chakra that is deficient

Cosmic: set 4 for mental, 5 for cosmic

Magnetic Method - 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation

Frequency – 1111 hz

Scalar for 30 min once a month in early stages once a week in later stage

Auto Trivector for 30 min once a month in early stages once a week in later stage
Use the Scalar Wand to stop headaches.

Acupressure on the body points listed for three minutes with heavy-duty paper clip should reduce pain for headaches.

Use Scalar Energy Electro-Magnetically

Caduceus Wand

Scalar Electro-Magnetically

Caduceus Wand

This Magnetoic Wand takes the Director of Cybermagnetic Outputs and makes a Non-Horiz Scalar Field to treat other dimensional Phx-Ease. A remarkable technological advancement from QX ltd.
NOTIFY YOUR MIDWIFE OR HEALTH CARE PROVIDER IF...

- HEADACHE AS A WARNING SIGN: See a health care professional on an urgent basis if any of the following occur:
  1. Severe, sudden headaches that seem to come on like "a bolt out of the blue" or like a "thunderclap."
  2. Headaches that are accompanied by a loss of consciousness, alertness or sensation, confusion, or other neurological and/or personality changes.
  3. Headaches that recur in one particular area such as an eye, temple etc.
  4. Headaches that recur and are of high intensity or frequency.
  5. Headaches that are accompanied by neck stiffness and fever.
  6. Headaches that are associated with head injury. Even a minor fall or bump should be checked out.
  7. There is a change in the nature or frequency of headaches.
  8. The worst headache in one's life.
  9. Temporary change in vision or visual acuity may simply be a sign of migraine headache but deserves special attention if new.
  10. Headaches that accompany blurred vision, sensitivity to light, pressure behind the eyes that is relieved by vomiting, pressure in the facial sinus area, throbbing of the head and temples, a pounding heartbeat, visual changes, and feeling as though your head will explode.
  11. Chronic headache pain that worsens after coughing, exertion, straining, or sudden movement is also reason to seek professional attention.

The vast majority of headaches are not medically serious. Most can be controlled by the use of simple medications - and in the case of tension headaches, by altering habits or lifestyles. If you suffer from more than the occasional tension headache, keep a headache log or journal to help your health care provider to diagnose your condition. Keep the log for at least two months, noting the time of each headache and describing the pain (throbbing or dull), its severity, location, and duration. If you have any questions or concerns or need to make an appointment please call your health care provider.
Arthritis Types of

Arthritis is very common, **painful condition**, can make working and even basic living extremely difficult. These diseases can affect your ligaments, muscles, tendons, and bones causing **stiffness**, **swelling** and **massive pain**.

There are main two most **common types of arthritis**,

(1) **Rheumatoid arthritis**

(2) **Osteoarthritis**

Both are very different in character; require completely different methods of diagnosis, different methods of treatment.

As described above both, I am talking about Osteoarthritis arthritis, then at very first want to say that, many older people have this to some degree. Main cause of this type of arthritis is, when the cartilage that cushions the ends of the bones – where the joints are – starts to wear down. As more the cartilage wears down, the more pain and swelling you will have in that **joint**.

But, when your cells are actually attacking numerous joints, as well as soft tissues, is called Rheumatoid Arthritis which is **autoimmune disease**. This disease also known as **Juvenile Rheumatoid Arthritis** for Younger aged people.

Other Kinds of Arthritis are,
Gouty Arthritis, Lupus Arthritis, Pseudogout Arthritis, Infectious Arthritis, Hemorrhagic Arthritis

Gouty arthritis is a problem of joint and bones, with common site of the attack is toe but other joints can be affected are ankles, wrists, fingers, elbow and knee. Acute gout attack usually in one joint at a time and pain take time in hour to day. The patients can develop fever together with gout.

As like Rheumatoid Arthritis, Lupus Arthritis is also autoimmune disease, actually just a side effect of Lupus, can affect at the wrists, knees, and hands.

Pseudogout Arthritis, caused by an accumulation of calcium in the joints, similar to Gout, knee joint might be affected by it.

Infectious Arthritis, also known as Septic or Bacterial Arthritis, can be very serious, caused by an infection in the joint and the joint becomes inflamed, may require surgery to have the infection completely removed from the joint as well.

Hemorrhagic Arthritis caused by bleeding in the joint, blood essentially accumulates, causing pain and swelling.
Spinal Cord Injuries Symptoms Treatments Causes Pain Relief Cures Removal

Spinal Cord Injuries Definition / what is Spinal Cord Injury? :-

Spinal cord injury (herniated discs, pinched nerves, collapsed vertebrae) is one of the most devastating catastrophic injuries that one can endure. The spinal cord is the gateway for all nerve paths. The location of the injury and the severity of the damage determine the complications involved and the dysfunction. Science is discovering that the sooner the spinal cord injury is addressed and treatment begins, there is a direct correlation to recovery of the affected areas.

Spinal Cord Injuries Causes Risk Factors:-

Most common causes of spinal cord injuries include:

- Automobile accidents, violent assaults, Slips, trips, and falls, Sport-related injuries

Spinal Cord Injuries Symptoms Signs:-

Some signs that a person has potentially been badly hurt include:

- Loss of sensation, Loss of reflex, Sensitivity to touch, Pain, Paralysis
Spinal Cord Injuries Treatments Cures:

Currently, there is no cure for the spinal cord damage. However, after the injury has occurred, treatment will determine the outcome. Therefore, make sure that affected people are taken to special spinal injury hospitals for specialist care. This is extremely vital to treat all other injuries that might have occurred to other organs. Sometimes, people who are injured might have a short life span due to side conditions caused by the injury. There are so many charities which undertake good work in helping spinal cord injury cases all around the world. Play a part today and make a difference in people’s lives. The Internet will provide you with relevant information. Information on the condition will empower and leave you informed.

Health Tips Facts – Palmar Hyperhidrosis Treatments Symptoms Cures Botox

Palmar Hyperhidrosis is the sweating of hands. One form of Hyperhidrosis is called Palmar Hyperhidrosis, whereby sweat is excessively secreted out of one’s hands. Other forms of
Hyperhidrosis include axillary Hyperhidrosis (underarm), planter (feet) and facial (face). A person suffering from Hyperhidrosis may experience excessive sweating in more than one area of the body.

**Palmar Hyperhidrosis Symptoms Signs:**

You experience your hands feeling clammy and perspire more than normal. Sometimes, it results to dripping sweat and it’s very annoying when you have to shake somebody’s hand.

The temperature of your palms compared to your other body parts is notably higher.

Your skin seems to peel when you excessively sweat. It’s different from scaling but it’s more close to exfoliating.

After the excessive sweating of palms, extreme dryness of palms is experienced.

**Palmar Hyperhidrosis Treatments Cures:**

Meditation, yoga, weight loss may be used to control.

Another treatment for Palmar Hyperhidrosis is Iontophoresis. This technique uses exchange of electrical ions between the skin and a tray of water with electrical current. Ion exchange process causes the skin in your hands and feet to thicken slightly. This process actually helps to block the sweat glands. You will have to immerse your hands and feet in a water tray with electrical charge for this treatment. This treatment has been fairly successful and the cost is moderate.

Botox does indeed help reduce or even stop sweaty palms in most cases. But the key drawback is that Botox is not a cure, rather more a continuous maintenance procedure with diminishing returns.

ETS or endoscopic thoracic Sympathectomy is a surgical procedure whereby related localized nerves and sweat glands are clipped or burnt to stop sweating. This procedure directly addresses your sweaty palms issue and does stop the sweaty hands sweating. However, the cost of such a surgery could set you back by a good few thousand dollars. Research shows almost 100 percent of ETS patients develop compensatory sweating on their torso, underarms, feet and parts of the face. If ETS is meant for eradication of embarrassing sweaty moments, imagine the new frustrations you could face with compensatory sweating.

**Health Tips Facts – Hypoglycemia Definition Symptoms Causes Home Herbal Treatments Remedies**

**Hypoglycemia Definition / what is Hypoglycemia?** :-

The technical term for **low blood sugar** is hypoglycemia. Most people who develop it do so **because of diabetes** and the medications taken for it.
**Hypoglycemia Symptoms Signs:**

- Intense and **unexplained headaches**.
- Unsteady, dizzy and unbalanced feelings.
- Tremors without any known reason.
- Frequent hunger, especially soon after eating.
- Clumsiness due to the lack of muscle control.
- Forgetfulness and mental confusion.
- Increased nervousness and anxiety level also increases a lot.

**Hypoglycemia Causes Risk Factors:**

Missing meals, other medical conditions and other medications can all cause it. Certain **types of cancer** can cause low blood sugar. Some of those include **mesothelioma** and **fibro sarcoma**. These cancers can produce factors similar to insulin. Some **congenital birth defects**, failure of the kidneys or liver and adrenal insufficiency are other possible reason.

**Hypoglycemia Home Herbal Natural Treatments Remedies Cure Prevention:**

Oral medication or drugs taken intravenously may be required for persons who are feeling **hypoglycemic**. This could be a symptom of a more serious disease.

The following Vitamins can assist in the prevention of attacks from hypoglycemia, they are magnesium, vitamin B, C, and E, and zinc.

The technique used here mainly helps the individual by diminishing stress, which is another potential cause of hypoglycemia. Practitioners of **reflexology, Oriental bodywork, massage**, and **Craniofacial Therapy** can help regulate the relevant body systems.

When combined with small, light snacks several times a day, herbal teas made from burdock, dandelion, or licorice can help **stabilize blood sugar levels**.

**Ginseng** is a famous blood sugar regulator; daily dosages vary from 6 grams of the powdered herb to 10 grams taken in decoction form.

**Reishi** is another herb that is beneficial in maintaining the normal level of glucose or sugar in our blood stream.
What is Dizziness? / Dizziness Definition:-

Dizziness is caused when the blood pressure drops suddenly. From the research it has been concluded that dizziness was caused by low blood pressure but not of high blood pressure.

Dizziness Symptoms Signs:-

Common symptoms of dizziness associated with aging include lightheadedness, a spinning sensation, giddiness, wooziness, or unsteadiness.

Dizziness Signs or any similar factors like it can result to different types of causes, like migraine, motion sickness, anemia, hearing loss, or even stroke. Proper analysis and diagnosis of this should be a necessity, since dizziness may be a cause of something else other than what was mentioned.

Dizziness Causes:-

Dizziness can be caused of psychological, medical, central or neurological, and otological imbalance. And these imbalance can classified into; sensory disturbances – usually loss or imbalance reception of the senses; central or brain disturbances – these can be a dizziness cause by multiple disruptions of blood flow towards the brain, or any other neurological issue.

Dizziness causes a lot of assumption and evaluation. It can be a major or minor issue, a chronic disease or just plainly symptom of hearing imbalance. Most of the dizziness problems as reported are due to hearing problem.

Dizziness Prevention Home Herbal Natural Treatments Remedies Cure Care:-

1. Drink Water – drink as much water as you can tolerate daily. Make it a habit

2. Avoid Stress Where Possible – Try not to let life get you too stressed out which could lead to anxiety or panic attacks. When a situation happens that causes you stress, stop and take several deep breaths and try to focus on something positive in your life.

3. Massage Area Between Your Eyebrows – This is a known acupressure point that helps to relieve dizziness

4. Place an Ice Pack on the back of Your Neck – This works probably again due to acupressure points

5. Inhaling Peppermint or Chamomile Oils.
Tigger points in the Trapezius muscle are almost always present in patients with TMD. Referred pain from the Trapezius muscle is often overlooked with patients suffering from cervicogenic (neck-related) and temporal tension type headaches.

The Sternocleidomastoid muscle (SCM) is a large muscle on either side of the neck containing 2 different bands that connect to the clavicle (collar bone), sternum, and mastoid bone behind the ear. Multiple trigger points can occur in either band that refers pain to the forehead causing frontal headaches, above and below the eye and the chin. A mis-diagnoses of frontal and maxillary sinusitis commonly occurs.
TREATMENT OF HEADACHE DISORDERS

(A Protocol Guide and Clinical Study)

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This study was performed in 1990 at the Natural Center of Disease Prevention in Denver, Colorado, U.S.A. Revalidation and further clinical testing are currently being performed by medical doctors in Budapest, Hungary, and by the doctors listed above.

Methods:

In our practice we studied twenty patients with migraines and eighteen patients with normal headaches. (Migraine headaches involve some type of circulatory problem.) The patients with migraines were treated with the Headache and Circulation formulas. In our study we had the patients evaluate their own pain with a similar scale to that used in our study, “The Homeopathic Treatment of Pain”. Here 4 indicates a dishabilitating symptom, 3 indicates an intense symptom, 2 indicates moderate symptoms, 1 indicates slight symptoms, and 0, no symptoms. These ratings take place over a three-week period to give us our evaluation. Evaluations were done by the patients in pre- and post-tests three weeks after the prescribed intervention. Results follow.

The eighteen patients with normal headache merely took the Headache formula and any other formula included in the VINDICATE process. Results are shown below (Figs. 1 and 2).

Results:

We can see from the results that our formula was helpful in treating these migraine headaches, and also helpful in treating normal headache cases.

Discussion:

Complex homeopathy offers a wide variety of products that can be used for symptomatology such as headache, migraine, trigeminal neuralgia, facial pain, circulatory problems and the like. These have been combined in a different program that has allowed us to develop these various formulas.

4 = DISHABILITATING SYMPTOMS
3 = INTENSE SYMPTOMS
2 = MODERATE SYMPTOMS
1 = SLIGHT SYMPTOMS
0 = NO SYMPTOMS

MIGRAINE TYPE HEADACHES

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O = Before; X = After

Figure 1
### OTHER HEADACHES

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O = Before, X = After

**Figure 1**

### TABLE 1

#### MIGRAINE TYPE HEADACHES

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TABLE 2

OTHER HEADACHES

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Discussion:

Energetic and natural medicine can be just as effective if not more so without the side effects of harsh SINthetic medicines.
Self-reported efficacy of complementary and alternative medicine: the Akershus study of chronic headache

Espen Sæthaug Kristoffersen1,2, Kjersti Aaseth1, Ragnhild Berling Grande1, Christofer Lundqvist1,3,4,5 and Michael Bønn Russell1,2

Abstract

Background: Chronic headache is associated with disability and high utilisation of health care including complementary and alternative medicine (CAM).

Findings: We investigated self-reported efficacy of CAM in people with chronic headache from the general population. Respondents with possible self-reported chronic headache were interviewed by physicians experienced in headache diagnostics. CAM queried included acupuncture, chiropractic, homeopathy, naturopathy, phytotherapy, psychological treatment, and psychomotor physiotherapy. Sixty-two % and 73% of those with primary and secondary chronic headache had used CAM.

Self-reported efficacy of CAM ranged from 0-43% without significant differences between gender, headache diagnoses, co-occurrence of migraine, medication use or physician contact.

Conclusion: CAM is widely used, despite self-reported efficacy of different CAM modalities is modest in the management of chronic headache.

Keywords: Complementary and alternative medicine, Primary chronic headache, Secondary chronic headache, Population-based, Chronic tension-type headache, Chronic migraine, Medication-overuse headache

Introduction

Chronic headache, i.e. ≥ 15 days/month for 3 months or ≥ 180 days/year affects 3-4% of the general population [1,2]. Management of chronic headache is a challenge, since medications often do not alleviate it sufficiently. Thus, many patients seek or are referred to complementary and alternative medicine (CAM), such as acupuncture, chiropractic, homeopathy, naturopathy, phytotherapy, psychological treatment and psychomotor physiotherapy. The use of CAM is high both in Norway and worldwide [3,4], and about 1 of 3 uses CAM for headache in Norway [5]. A survey among CAM providers suggests headache to be one of the conditions where patients benefit most from CAM management [6], but reports of treatment efficacy from the patients are lacking.

The aim of this study was to investigate self-reported efficacy of CAM in people with primary and secondary chronic headache from the general population.

Findings

Methods

A cross-sectional epidemiological survey, including 30,000 persons aged 30–64 years old stratified for age and gender, was drawn from the general population of eastern Akershus County, Norway. A short postal questionnaire screened for possible chronic headache (≥ 15 days/month and/or ≥ 180 days/year). Screening-positive subjects were invited to a clinical interview and physical and neurological examination conducted by neurological residents. The criteria of the International Classification of Headache Disorders II (ICHD-II) were used with supplementary definitions for chronic rhinosinusitis and...
Complementary and Alternative Medicine for Pain: An Evidence-based Review

Nadja M. Dhanani • Thomas J. Caruso • Adam J. Carinci

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Abstract Pain is one of the most prevalent conditions for which patients seek medical attention. Additionally, the number of patients who utilize complementary and alternative medicine as a treatment of pain either in lieu of, or concurrent with, standard conventional treatments continues to grow. While research into the mechanisms, side effect profiles, and efficacies of these alternative therapies has increased in recent years, much more remains unknown and untested. Herein, we review the literature on complementary and alternative medicine for pain, with particular emphasis on evidence-based assessments pertinent to the most common alternative therapies, including acupuncture, herbal therapy, massage therapy, hypnosis, tai chi, and biofeedback.

Keywords Complementary medicine • Alternative medicine • Holistic • Mind-Body • Pain • Pain treatment • Acupuncture • Herbal therapy • Hypnosis • Tai chi • Massage therapy • Biofeedback • Evidence

Introduction

The number of patients who utilize complementary and alternative medicine as a treatment of pain either in lieu of, or concurrent with, standard conventional treatments continues to grow. Over the last 20 years, Americans have sought a more “natural” or “holistic” approach to treatment of medical problems in general and pain in particular [1].

According to a 2007 National Institute of Health (NIH) survey, acupuncture, one of the more popular forms of alternative medicine, was utilized by 3.1 million Americans, nearly 1% of the population, within the prior year [2]. Among patients with unrelieved pain, there is an undertone of dissatisfaction with conventional treatment and a clear thirst for alternative strategies to combat their painful condition. While research into the mechanisms, side effect profiles, and efficacies of these alternative therapies has increased in recent years, much more remains unknown and untested. Herein, we review the literature on complementary and alternative medicine for pain, with particular emphasis on evidence-based assessments pertinent to the most common alternative therapies including acupuncture, herbal therapy, massage therapy, hypnosis, tai chi, and biofeedback.

Acupuncture

Acupuncture is considered an ancient practice of traditional Chinese medicine (TCM) that began thousands of years ago. The basic principle of TCM relates to the concept of “qi” (or energy flow), whereby sickness results from the disruption of the flow of qi or imbalance between the yin and yang (opposing and inseparable life forces). Acupuncture describes a technique involving the stimulation of specific anatomical points on the human body. Furthermore, these acupuncture points, of which there are anywhere from 600 to 2000, are organized by specific energy pathways called meridians, which range in number from 14 to 20 [2]. According to the theory behind acupuncture, an internal imbalance between yin and yang can block the flow of qi, whereby acupuncture can restore balance and harmony within the body.
Complementary and alternative medicine (CAM) use in an Italian cohort of pediatric headache patients: the tip of the iceberg

D. Dalla Libera · B. Colombo · G. Pavan · G. Coni

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Abstract  The use of complementary alternative medicine (CAM) in paediatric populations is considerably increased, especially for pain and chronic conditions, as demonstrated by epidemiological surveys both in Europe and in the USA. In our study, CAM was used in 76% of patients of a cohort of 124 children affected by headache (age 4–16 years; 67% female; 70% migraine without aura, 12% migraines with aura, 18% tension headache according to IHS criteria) consecutively recruited at a Pediatric University Center. CAM was used as preventive treatment in 80% of cases. The main reasons for seeking CAM were: the wish of avoiding chronic use of drugs with their related side effects, the desire of an integrated approach, the reported inefficacy of conventional medicine, and a more suitable children disposition to CAM than to pharmacological compound. Female gender, younger age, migraine without aura, parents’ higher educational status, maternal use of CAM and other associated chronic conditions, correlated with CAM use ($p < 0.05$). 73% of patients chose CAM also to treat other diseases (i.e. allergies, colitis, asthma, insomnia, muscle-skeletal disorders and dysmenorrhea). The most assumed CAM were: herbal remedies (64%) such as Valeriana, Ginkgo biloba, Boswellia serrata, Vitex agnus-castus, passion flower, Linden tree; vitamins/minerals supplements (49%) with magnesium, 5-Hydroxytryptophan, vitamin B6 or B12, Multivitamin compounds; Homeopathy (47%) with Silicea, Ignatia Amara, Pulsatilla, Aconitum, Nux Vomica, Calcarea phosphorica; physical treatment (45%) such as Ayurvedic massage, shiatsu, osteopathy; yoga (33%); acupuncture (11%). CAM—often integrated with conventional care—was auto-prescribed in 30% of the cases, suggested by non-physician in 22%, by the General Practitioner in 24% and by paediatrician in 24%. Both general practitioners and neurologists were mostly unaware of their patients’ CAM use. In conclusion, neurologists should inquire for CAM use and be prepared to learn about CAM therapies or to directly interact with CAM trained experts, in order to coordinate an integrative approach to health, as especially required in paediatric headache patients and their parents. Further studies are required to investigate safety and efficacy of CAM in pediatric headache, as possible side-medicine to conventional pharmacological approach.

Keywords  Migraine • Complementary and alternative therapy (CAM) • Pediatric • Headache • Integrative medicine

Introduction

The National Institutes of Health defines complementary and alternative medicine (CAM) as “a group of diverse medical and health care systems, practices, and products that are not generally considered conventional medicine”. In the general population, chronic pain is among the main reasons for CAM use [1–5]. A survey of CAM providers in the UK revealed headaches as the second most frequently quoted condition believed to benefit from CAM [6]. In
Medical marijuana for Pain

Few issues in the world of medicine are as controversial as the issue of medical marijuana. To date, 14 states—Alaska, California, Colorado, Hawaii, Maine, Michigan, Montana, Nevada, New Jersey, New Mexico, Oregon, Rhode Island, Vermont, and Washington—have legalized the dispensing and use of marijuana for medicinal purposes. And as other states weigh the option of joining the movement, the debate rages within the medical community as to whether pot is good medicine or a risky proposition to give a dangerous drug an undeserved halo of health.

Cancer
Search: Nausea

Marijuana is the drug of choice for many cancer patients going through chemotherapy because it can help quell the nausea that often comes as a side effect. It is theorized that cannabis alleviates nausea by working on receptors in the brain and by slowing down and reducing peristaltic contractions in the gastrointestinal tract. There are other anti-nausea drugs available, but medical marijuana proponents assert that this is a better alternative for many patients. "If the patient has not only nausea but also vomiting, an oral medication is not a satisfactory option, no matter how effective the medication may be," says Dr. David Bearman, a California physician who has nearly 40 years of experience working in substance and drug abuse treatment and prevention programs.
**Fibromyalgia**
*Search: Fibromyalgia*

Many sufferers of this hard-to-treat condition find relief from their pain, stiffness and fatigue by using medical marijuana. Cannabis has been shown to have some anti-inflammatory effects and it’s a powerful pain reliever. Proponents consider it one of the best treatments for fibromyalgia, with fewer side effects than Lyrica, the FDA-approved medication. But critics point to the lack of FDA approval and regulation as one of the problems with medical marijuana. "Bypassing the FDA undermines consumer protection," says Dr. Eric A. Voth, a physician in Topeka, Kan., and a drug policy expert. "And the concentrations of **THC** in marijuana vary greatly, from 2 percent to around 30 percent.”

**FALAFEL GOODFORYA**

2 Cups fresh ground hempseeds  
1/2 cup finely chopped green pepper  
1/2 cup finely chopped onion  
1 Tbsp minced garlic  
2 Tbsp chopped parsley  
1/4 cup good olive oil  
1 beaten egg (optional)  
water (1-3 Tbsp)  
flour, salt, pepper  
Louisiana Hot Sauce  
oil for frying

Mix hemp seeds with peppers, onion, garlic, parsley and toss in olive oil. Add hot sauce to taste. Add egg and/or water until mixture is wet enough to shape into balls. Squeeze together. The egg may keep mixture together better but is not necessary. Roll in flour with salt and pepper to taste. Heat 2 Tbsp oil in heavy skillet over medium heat. Gently brown hempseed balls on all sides for 8 to ten minutes. Serve alone with dip, or in pita pockets with garlic yogurt sauce and a little sliced onion, cucumber, lettuce.

**Arthritis**
*Search: Arthritis*

The anti-inflammatory and analgesic effects of cannabis are the main reasons arthritis sufferers may find relief from sore, swollen and stiff joints when using it. How you use medical marijuana will dictate both how much you need to see an effect and how quickly it will work. "If you smoke it or vaporize it, you can utilize a lower dose and the response will be immediate,” says Bearman. “But if you consume it in food, it will take more of the drug to see effects and the response time will be about 45 minutes to an hour.”

**Glaucoma**
*Search: Glaucoma*

Glaucoma causes an increase in internal eye pressure, but, according to Bearman, using medical marijuana can decrease that pressure for up to 20 hours at a time. The most common conventional treatments are drops placed in the eyes, which some patients do not tolerate well. One of the downsides of cannabis as your treatment is that, unlike a conventional prescription medication, health insurance does not currently pay for medical marijuana. That may put the treatment out of reach for some patients.
It is hard to find one medicine that can treat the full array of premenstrual syndrome symptoms: bloating and stomach distress, moodiness, cramps, backache and headache. Marijuana, thanks to its role as both an anti-inflammatory and analgesic, can take care of many of the physical symptoms. And it also works in the brain to modulate neurotransmission and make dopamine more available. That can have a mood-lifting effect. "Another advantage is that cannabis is very fast acting, so relief can be nearly immediate," says Bearman.

**BIRD STUFFING**
- 5 cups rye bread crumbs
- 2 tablespoons poultry seasoning
- 1/2 cup each of raisins and almonds
- 1/2 cup celery
- 1/3 cup chopped onions
- 3 tablespoons melted butter
- 1/2 cup chopped grass
- 2 tablespoons red wine

Mix it all together, and then stuff it in.

**CHILI BEAN POT**
- 2 lbs. pinto beans
- 1 lb. bacon, cut into two-inch sections
- 2 cups red wine
4 tablespoons chili powder
1/2 clove garlic
1 cup chopped grass
1/2 cup mushrooms

Soak beans overnight in water. In a large pot pour boiling water over beans and simmer for at least an hour, adding more water to keep beans covered. Now add all other ingredients and continue to simmer for another three hours. Salt to taste. Serves about ten.

Alzheimer’s
Search: Alzheimer’s

The exact mechanism of action that enables medical marijuana to aid the symptoms of Alzheimer’s aren’t really understood, but Bearman theorizes that it may help quell the anxiety and panic that often plagues Alzheimer’s patients. Critics say that the lack of research means lack of hard evidence of marijuana’s effectiveness and potential downsides. “For most illnesses, including Alzheimer’s, marijuana has not been examined in a double blind study with conventional medicines,” says Voth. “And marijuana is highly impure, with 488 substances, including the 66 cannabinoids (the active substances of cannabis), having been identified in it.”

HIV/AIDS
Search: HIV/AIDS

Medical marijuana can help HIV and AIDS patients deal with pain, but it probably is most commonly used to quell nausea and boost appetite. It’s not just recreational smokers who get the munchies, and for patients who have lost their appetites or are having trouble eating sufficient calories, this side effect of marijuana can be a tremendous benefit.

Crohn’s disease
Search: Crohn’s disease

People with this inflammatory bowel disease suffer from a myriad of gastrointestinal issues caused by the inflammation of the lining of the digestive tract. Symptoms include abdominal pain and severe diarrhea. Marijuana has been found to be helpful in alleviating some of the inflammation, but also by slowing the peristaltic contractions to help calm and slow down the gastrointestinal system. “They can have fewer bowel movements, better formed stools, less abdominal pain and need to use less conventional medicine,” says Bearman.

STIR FRY BUD
1 Red Pepper
1 Green Pepper
1 Yellow Pepper
1/2 small onion
butter
herbal seasoning of your choice

Slice the peppers lengthwise into strips about 1/2-3/4 inch wide. Chop the onion. Throw everything together in a skillet with the butter and sautée. Serve over rice. Wait an hour.

ENJOY!
tips: It’s best to use real butter because herbal seasonings are fat soluble. You want the
butter to carry the goodies. Use of a vegetable-oil-based margarine won't work as well. If you're cooking this with friends, take turns standing over the skillet stirring the veggies and seasonings. You don't want one person to have *all* the fun, as the vapors can be quite intense.

Migraines

When you smoke (or consume) marijuana, a mechanism called retrograde inhibition helps slow the speed of neurotransmission in the brain. For migraine sufferers, whose headaches are often caused by excessive neural stimulation, this action can help alleviate the pain and other symptoms, like nausea and sensitivity to light, that commonly accompany migraines. And while proponents tout marijuana's lack of side effects, the critics beg to differ. “Marijuana is not a benign substance,” says Voth. “Memory and cognitive impairment is real, and the negative effect on driving is a huge issue.”

Insomnia

When marijuana is smoked or eaten before bed, it can have a soporific effect that many insomnia sufferers find preferable to conventional over-the-counter or prescription sleep aids. Because marijuana slows down rapid thinking and neurotransmission in the brain, it can help ease that transition into sleep. It can also help alleviate other symptoms, such as pain or anxiety, that may be keeping you awake. One thing both sides of the debate agree on to some degree is that the future of medical marijuana may involve medications made from isolated cannabinoids or synthetic versions of them. “It is more likely that individual cannabinoids can be isolated that have more beneficial effects than the broad-brush effect of pot.”

THE MEAT BALL

1 lb. hamburger
1/4 cup chopped onions
1 can cream of mushroom soup
1/4 cup bread crumbs
3 tablespoons weed
3 tablespoons India relish

Mix it all up and shape into meat balls. Brown in frying pan and drain. Place in a casserole with soup and 1/2 cup water, cover and cook over low heat for about 30 minutes. Feeds about four people.

SPAGHETTI SAUSE

1 can (6 oz.) tomato paste
2 tablespoons olive oil
1/2 cup chopped onions
1/2 cup chopped grass
1 pinch pepper
1 can (6 oz.) water
1/2 clove minced garlic
1 bay leaf
1 pinch thyme
1/2 teaspoon salt

Mix in large pot, cover and simmer with frequent stirring for two hours. Serve over spaghetti.

**WEED SESAME SEED COOKIES**

3 oz. ground roast sesame seeds
3 tablespoons ground almonds
1/4 teaspoon nutmeg
1/4 cup honey
1/2 teaspoon ground ginger
1/4 teaspoon cinnamon
1/4 oz. grass

Toast the grass until slightly brown and then crush it in a mortar. Mix crushed grass with all other ingredients, in a skillet. Place skillet over low flame and add 1 tablespoon of salt butter. Allow it to cook. When cool, roll mixture into little balls and dip them into the sesame seeds.

**POT COOKIES**

for 1 cookie:
1 joint worth of pot
1/4 tsp. oil (just enough to moisten the pot)
1 tbsp. oats
2 tsp. Eier Likoer (or just egg)
(a few raisins?, a bit of brown sugar or molasses?)

mix pot & oil, add rest and form into cookie on a piece of foil. bake at 350 for 10 min, or until bottom starts to turn brown. Eier Likoer makes good cookies, it's this yellow stuff usually somewhere around the Baily's. ingredients are egg yolks, sugar, and alcohol.

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**REMEDIES FOR MIGRAINE**

[Images of Ginkgo, Ginger, Rosemary, Coffee, Hypericum, Mint]

Read the article about migraine remedies in [Botanical-online.com](http://www.botanical-online.com)
Helpful Remedies to Relieve Headache Pain & Tension

Headaches often get brushed aside as nothing more than a common complaint, a quit-your-whining-and-start-working type of thing…if only. While many people suffer them at one point or another, rarity is not the best way to judge just how nasty something can be. The pain of a headache can make day-to-day life a miserable challenge, and forces us to head straight for the aspirin. This is a sticky situation, because ultimately that will only perpetuate the problem.

When you take over-the-counter pain killers all you’re doing is smothering your symptoms and ignoring the real issue of what triggers the headache. Natural remedies for headaches may take a bit more thought than simply popping a pill, but don’t brush them off. They won’t wreak havoc on your body like other over-the-counter or prescription pain-killers do, and you’re less likely to become so dependent on them that you need them for every little ache.

1. Crush it with cayenne
Utilizing something spicy may not sound headache helpful, but cayenne is somewhat revered in the kingdom of natural remedies to treat pain and inflammation. The secret behind its success lies in an ingredient called capsaicin, which inhibits something in our body that is one of the main elements in pain perception called Substance P. In short, Substance P is part of what makes us feel pain, and the capsaicin depletes it. Numerous studies, the first in 1998 in The Clinical Journal of Pain, support that when applied topically to the nasal passages; people experience a significant decrease in the severity of their headaches, all thanks to capsaicin.

You will need…
- 1/4 teaspoon cayenne powder
- 4 ounces of warm water
- cotton swabs
2. Go nuts  
Instead of popping a pill when you get a headache, toss back some almonds. For everyday tension-type headaches, almonds can be a natural remedy and a healthier alternative to other medicine. It acts as a pain reliever because it contains something called salicin, which is also an agent in popular over
the counter killers. Try eating a handful or two of these wholesome nuts when you feel the ache start to set in.

Note: People who suffer from migraines may find that almonds are a trigger food

3. Find some feverfew
Headaches, particularly migraines, can be relieved through the use of the feverfew plant. When a migraine is in the works your blood vessels are changing, and theories suggest that the vessels in your head are expanding and pressing on nerves. Feverfew has been confirmed to relax the tension/constrict blood vessels, easing the painful pressure. It also reduces inflammation and pain overall with a substance called parthenolide, which has results similar to taking a daily aspirin, but without the side effects.

You will need…
- 1 ounce fresh or dried flowers
- 1 pint of boiling water
Add 1 ounce of fresh or dried feverfew flowers to 1 pint of boiling one. Steep for 10 minutes, and then strain. Drink half a cup twice a day as needed.

4. Apply an apple cider vinegar compress
Apple cider vinegar (ACV) has a long history in realm of natural remedies. It’s been used to relieve everything from scurvy to hay fever, and just about any other ailment that falls in between. Some modern day studies have proven its effectiveness in treating certain illnesses, but most of its clout lies in the reports of people throughout the centuries who have benefited from it. If you find yourself coming down with a throbbing headache, try getting some quality ACV time into your day in the form of a steam-style treatment.

You will need…
- 1/4 cup of ACV
- Roughly 3 cups of boiling water
- 1 cup of fresh cool water
Directions…
Pour ¼ cup of apple cider vinegar into a large bowl, and then fill the bowl halfway with boiling
water. Place a towel over your head so that it drapes over the bowl, trapping the steam, and hold your face over it. Make sure your face isn’t so close that it gets burned by the steam. Do this for 5-10 minutes, or when the water starts to cool down, breathing in and out deeply the whole time. When you’re done, use the towel to pat your face dry, and go drink a glass of cool water.

5. Stretch, relax, and breathe
Our lives are fast paced, busy, and filled with more than a little stress. Our overworked minds and bodies react to this by tensing and knotting up muscles, usually in the upper back, neck, and shoulders. Thanks to a little something called referred pain—pain felt in an area other than where the actual painful stimulus is—we end up with tension-type headaches. To help head these buggers off, try some of the following tips.

Do yoga: Yoga will get your mind focused, stretch out your muscles, and get you moving in ways that can help you drop the tension—and if you drop the tension, you can drop the tension-headache. Just doing a few moves when the pain starts up can help, but the best thing to do is a set aside a few minutes each day to practice regularly and prevent headaches before they happen.

Breathe: You may think your breathing alright, but if your head is pounding you’re likely not getting the most out of the oxygen you take in. In general we take breaths that are too shallow, and when we are experiencing pain or stress, we definitely breathe to shallow. Make a conscious effort to take deep, full, breaths that start in your diaphragm and fill up your lungs. This will get your plenty of fresh oxygen circulating through your blood and will also help relax your mind and body.

Drop your shoulders: This is one I remind myself to do about 5 times a day. Make yourself aware of how you carry your shoulders. When you think of it, tell yourself to drop them down. You’d be
surprised at how often we carry them hunched up too high, resulting in soreness and, of course, headaches.

6. Get moving
An aching head does not inspire one to get active, but getting up and moving—outside in fresh air if possible—can help loosen up tight muscles causing a headache. It also gives you something to focus on to take your mind off the pain. Good exercise also releases endorphins, which can dull the uncomfortable sensation caused by a headache. To get the most out of your activity, keep in mind the following tips.

**Stay regular:** Exercising only when you feel like it is less likely to prevent headaches then exercising on a regular basis. Routine also gives your body just that—routine. Routine helps us function, at least physically, better than we might if we didn’t have any.

**Warm up and cool down:** Take your time getting yourself warmed up and properly cooled down. Jumping into strenuous activities and then abruptly stopping is more likely to cause a headache then stop it.

**Enjoy the outdoors:** If possible, exercise outside. The invigorating fresh air and change in scenery does something that just makes our bodies and minds feel good.

7. Drink fish oil
There are some small-scale studies that show the ingestion of fish oil can help reduce migraines and head pain, thanks to its omega-3 fatty acids, which promotes heart health. The American Heart Association states that the ingredients in fish oil may help reduce inflammation, blood clotting, lower blood pressure, and steady heart rhythm. Those actions in turn may help reduce head pain because it may reduce the inflammation of blood cells that press and pinch on nerves.

**You will need…**
-1 tablespoon of fish oil OR fish oil oral supplements
-1 glass of orange juice

**Directions**
If you are taking fish oil capsules, follow the dosing on the bottle. If using the actual oil, mix a tablespoon into a glass of cold orange juice and drink up! It’s really not as bad as it sounds.
8. Hot or cold?
Headaches are tricksy little things, with what clears them up for one person totally triggering them for another. There’s evidence to support both hot and cold compress treatments, and it all has to do with the muscles and blood vessels. Some headaches are caused, at least in part, by expanded blood vessel pressing on nerves. For these, applying something cold to the area can constrict those vessels and relieve some of the pressure causing the throbbing ache. Other headaches are caused by tension and anxiety, and cold tends to tighten up muscles that then pinch nerves and enlarge blood vessels. You’ll have to play around to see if you’re someone who benefits from cold/cool treatment or hot/warm, while some people find alternating between the two works best.

You will need…
1. Cold compress, such as a bag of frozen peas, a bag of ice, or a cold pack.
2. Hot compress, such as a towel soaked in very warm water.

Directions
Find a quiet place to lie down, preferably where you can dim the lights or turn them off. Place the cold or hot compress on your forehead and relax. At some point, try switching to the back of your head, or the top, depending on where the pain is concentrated. You can also try a cold compress at one location and a hot compress on another, either on your head, or place the hot compress on your shoulders if your headache is from tension. Do this for as long as you feel you need to. Try sipping fresh water through a straw if you can manage during or after the treatment, and make sure to ease back into your daily routine—don’t just dash onto a crowded street in blinding sunlight.

Tip: Here’s how to make a good hot compress at home that won’t least its heat as quickly as a warm washcloth.

9. Avoid MSG
Monosodium glutamate (MSG) is added to food to enhance its flavor. It is derived from an amino acid, called glutamic acid, which occurs naturally in various foods. Many people who suffer headaches find that foods containing MSG triggers migraines or other types of headaches, possibly due to the fact that it excites our neurons. Make sure you read food labels to check if the product has MSG, the FDA is requires companies to list it, however it can also be hidden as a component of other ingredients. Watch for some of these words, which can give away “hidden” MSG, and be extra cautious around Chinese food, processed meats, canned vegies, gravy/soup/dip mixes, and soy-based items.

-Gelatin
-Yeast extract
-Anything “hydrolyzed”
-Textured protein

10. Improve your posture
Improving your posture can make all the difference in the world when it comes to tension-type headaches. Many of us spend our days working in an office or sitting down at a computer with little to no movement, and many of us are guilty of poor posture. We slouch, slump, and hunch forward, which strains our muscles and creates nasty headaches. Try using an ergonomic chair if you’re sitting down a lot, and make a conscious effort to sit up tall but relaxed, with your shoulders back, your chest open, and your neck not sticking too far forward. Working on strengthening core muscles helps a lot with posture, since balance and the strength to support ourselves properly comes from mostly from our center.

11. Use your imagination
Mental imagery has been shown to reduce headaches, whether mild or severe, by helping people relax and loosen up the knots that may be causing the pain. There are guided imagery coaches, but you can also do this on your own. Imagery exercises create a “mental scape” that is calm, peaceful, and pain free—your happy place, if you will. To work on your ‘scape, try the following.

The following…
Find a quiet place to close your eyes and use your mind to fill your head with something other than pain. Picture rolling hills or waves lapping over sand, even just creating a landscape of soothing colors can be helpful. Try adding a quiet soundtrack to this exercise; be it sounds of nature or just a soft song that calms you down. Breathe and be patient. Also, be patient. And then be a little more patient. Don’t get worked up because your headache isn’t gone after you spent 30 seconds impatiently picturing a tree, this stuff takes practice and some dedication (and patience) but it’s worth it.

12. Munch on gingerroot
Prostaglandin synthesis is a process that takes place in some animals (including humans) that makes lipid (fat) compounds within their cells. Those fatty substances are like little chemical messengers that mediate biological processes, like inflammation, and alerting neurons to pain. Certain enzymes spark off the prostaglandin synthesis, while some drugs, such as aspirin, inhibit the synthesis. Gingerroot, a natural alternative, is thought to inhibit the synthesis as well. On top of that, if you’re getting knocked with a migraine, it can help quell your nausea. Simply sip a nice steaming cup of gingerroot tea and relax while you wait for your headache to ease up.

You will need…
-3 quarter size slices of gingerroot
-2 cups of water
Slice 3 slices off of a piece of raw gingerroot, with each being roughly the size of a quarter. Gently simmer the pieces of ginger in 2 cups of water, covered, for 30 minutes. Use something to remove the pieces of ginger and transfer to a mug, or if you prefer, leave them in. Sip slowly and breathe in the steam if you want. Relax!

13. Apply peppermint oil
Peppermint oil has a wonderfully soothing effect when you’re suffering from a headache, easing the discomfort and clearing your mind. It can be applied to various places, and people who use it find
that it works quickly to relieve pain. If you have sensitive skin and find that it irritates it, try diluting it with a bit of olive oil or water.

You will need…
-Peppermint oil
Massage the peppermint oil onto your temples, the back of your jaw, and forehead. You will feel a cooling sensation upon applying it. Breathe deeply, and if possible, find a quiet place to relax and sip some cool water.

14. Butterbur for migraines
Butterbur refers to plants found in the daisy family. Long used by Native Americans as a remedy for headaches and inflammation, Butterbur has gained more and more credit lately in the world of western medicine, and the American Academy of Neurology and American Headache Society both endorse butterbur for preventing migraines based on at least two strong clinical trials. It is thought to be effective because some Butterbur species contain chemicals that work in two ways, one in which inflammatory effects of certain chemicals are lowered, and the other being that it functions as a natural beta blocker, which results in normal flow of blood to the brain. That in turn can help control blood pressure/the spasmodic capillary action that can cause migraines. The highest concentration of the plants helpful chemicals are found in Butterbur root.

Please Note: The usual adult dosage is 50-100 milligrams twice daily to help reduce severity of migraines/ prevent them, but check with a healthcare practitioner before using butterbur as a migraine treatment. Look for a brand of extract labeled PA-Free, which ensures that it was safely processed to remove potentially harmful, toxic, chemicals found naturally in the plant.

15. Eat less chocolate
Pretty straightforward—chocolate and the caffeine it contains make it a common trigger for headaches in many people.

16. Know your facts about B3
Vitamin B3, also known as niacin, is a water-soluble B vitamin that may trigger vascular headaches, thanks to something called a “flush.” Niacin dilates (opens up) the body’s blood vessel, right down to the small capillaries, which increases blood flow. While it can be helpful in some cases, it may cause a headache triggered by the pounding blood flow and possible nerve pressure caused by it. It’s best to talk to a healthcare practitioner about B3 to know how you should properly take, or if it will be helpful.

17. Grab a pencil
Holding a pencil between your teeth (holding, not biting or clenching your jaw) can help a tension headache dissipate. The actual physical action of holding the pencil between your teeth activates your “smile” muscles, relaxing your jaw. We often times clench our teeth when stressed and this in turn strains the muscle connecting the jaw to the temples and causes a tension headache. Again, make sure your jaw is relaxed and the pencil is held lightly between your teeth.

18. Drink up
On average we don’t drink enough water daily, and that alone is cause for a headache. Coffee, alcohol, sugary drinks—all can dehydrate you (hence the pounding headache that comes along with a hangover) and should be avoided. As soon as your head starts to hurt, drink a tall glass of water, and then sip throughout the day. Gradually the pain will start to ease up, and you’ll be hurting less and well-hydrated to boot. Simply drinking water may seem too obvious or simple to actually work as a
headache remedy but it can, and often time’s does. We humans often just seem to feel the need to make things more complicated than they are.

➤ Therapeutic Goals

➤ Long term goals:
- Reduce migraine frequency, severity, and disability. (Aim for fewer than 5 headache days per month.)
- Reduce reliance on poorly tolerated, ineffective, or unwanted acute pharmacotherapies.
- Improve quality of life.
- Avoid escalation of headache medication use.
- Educate and enable patients to manage their disease.
- Reduce headache-related distress and psychological symptoms.

According to a study held in Germany, Peppermint oil works as well as 1,000 mg of acetaminophen

Relieve a tension headache by massaging a few drops of peppermint essential oil into your temples, forehead, back of neck. Peppermint prevents your body from sending pain signals to your central nervous system.
An effective Ayurvedic medicine for Headache, Fluid collection in head, Sight loss, Pus in Ear, Ear pain and Neck pain

Take the juice of Tragia Involucrata (Stinging nettle) leaf without adding water

The juice of cleome viscosa without adding water

Take three of this equally. Mix the two juices with coconut oil and boil it till the water evaporates. Apply this on head before one hour before taking bath. It is good to apply after bath also.

12 Foods that Fight INFLAMMATION

Papaya  Avocado  Blueberries  Chia seeds
Cranberries  Broccoli  Ginger  Walnuts
Red Cabbage  Hemp seeds  Turmeric  Celery

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Headaches are quite common occurrence in today’s fast paced life. But headache which involves throbbing pain in the head and surrounding areas like forehead, neck and shoulder can be very annoying and disturbing depending on its degree of severity. Most of us pop a pill to get relief from pain but taking too many pain killers is not good for your health. Massage therapy can bring relief from headache by relaxing the tense and constricted muscles, increasing oxygen and improving circulation. Massage helps to reduce the pressure from the nerves and blood vessels and relax the muscles and by improving circulation bring relief from headache. Here are some basic massage techniques that may help you to get relief from headache instantly.

**Neck Massage**

Headaches caused by common cold, anxiety and stress or menstruation are usually caused by a stiffness and tightness in the neck muscles that restrict the blood flow. For relaxing these tight muscles, you have to stimulate the pressure point by massaging them correctly. Gently massage the back of your neck, just beneath the skull, using both the hands. You will able to find focal point which is causing pain. Massage this area for 10 minutes to relieve the tensed muscle and bring relief from headache.
Alternatively, let your head drop down till your chin touches the chest. Now place your palms on the back of your head and push your head gently to stretch your neck. Continue doing this for 5 minutes, holding for few seconds each time. This technique will bring relief from headache by relaxing and loosening the muscles that are knotted and hard.

**Scalp Massage**

Using your thumbs and fingers, massage the scalp gently in circular motion. This will enhance blood circulation in the brain and bring relief from headache. Or use your thumbs to push the scalp firmly by rotating them in circular motion to find relief.

**Eye Massage**

Close your eyes and do a mild massage around and over the eyes and under the eyebrows gently using your pointer finger and thumb. This technique often brings relief instantly.
**Nose Massage**

Place your thumbs on both side of the nose where it joins the forehead. Squeeze your nose applying firm pressure with the thumbs from both sides. After holding few second, release the pressure. Repeat the process 3-4 times.

**Forehead Massage**

Using your finger on both sides of your forehead, massage your forehead towards the nose while putting little bit of pressure. Hold each time for few seconds while putting pressure. Repeat 5-10 times to find relief.
Keep your body well hydrated after massage. Water will help to flush out the toxins released by the massage from your body.

<table>
<thead>
<tr>
<th>Headache Type and Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TMJ</strong></td>
</tr>
<tr>
<td>pain at temples, ahead of ears</td>
</tr>
<tr>
<td><strong>Sinus</strong></td>
</tr>
<tr>
<td>pain at cheekbones, above eyes</td>
</tr>
<tr>
<td><strong>Cluster</strong></td>
</tr>
<tr>
<td>pain around one eye</td>
</tr>
<tr>
<td><strong>Tension</strong></td>
</tr>
<tr>
<td>pain &quot;squeezing&quot; around crown of head</td>
</tr>
<tr>
<td><strong>Neck</strong></td>
</tr>
<tr>
<td>pain in back of head, top of neck</td>
</tr>
<tr>
<td><strong>Migraine</strong></td>
</tr>
<tr>
<td>throbbing pain, nausea, vision changes, sensory sensitivity</td>
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</tbody>
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Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SINthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded pica颇为 minons of the chemical companies constantly attack with their anal retentive biased short sided views.

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