HEADACHES?

First, try and determine what is the cause of the headache. Here are the main causes:

*** constipation**
*** eye strain**
*** reaction to drug**
*** misalignment of neck, spine or cranial bones**
*** too much exposure to sun**
*** driving car too long**
*** high blood pressure**
*** haven't had a coffee or caffeine hit in a while**
*** breathing in toxic fumes**
*** food sensitivities bothering**
*** smoking**
*** nitroglycerin**
*** tumors**
*** reaction to drugs**
*** dehydration**
*** TMP problem**
*** wearing wrong glasses**
*** PMS**
*** inner ear problem**
*** cranials need adjusting**
*** Encephalitis (inflam. Brain)**
*** need fatty acids**
*** need amino acids**
*** body too acidic**
*** cranial bones need adjusting**
*** MSG poisoning**
*** hormone problem**
*** food sensitivities**
*** emotional stress**
*** recent accident**
*** poor circulation to head**
*** reading too much**
*** low blood sugar**
*** alcohol consumption affecting**
*** virus affecting**
*** toxic colon (lack of proper bowel movements)**
*** sinus congestion**
*** histamines**
*** flu, fever, infections**
*** internal bleeding**
*** lack of sleep**
*** weather changing**
*** blood clotting in brain or spine**
*** from drinking alcohol**
*** digestion problem eg. h. pylori**
*** stroke pending from clot or leak blood vessel**
*** meningitis (inflam. Meninges)**
*** low functioning thyroid**
*** need minerals**
*** pituitary gland has a problem**
*** blood too thick**
*** working on electrical equipment too long, or computers, or watching tv too long**
*** parasites affecting (suspect amoeba, whipworm, threadworm)**

You can see why your doctor has his hands full when you walk in and announce you have a headache, and what can he do about it. Often the solution given to you is to take pain killers because finding the cause can be difficult. So, you can go over the above list and something might jump out at you as to the cause, otherwise, be Sherlock Holmes and start investigating – what follows is some information that might point you to the solution or underlying cause.

Some Hints as to the cause of your headache:

Where:

Front of Head:

- **Tension type, often felt over head, usually start at forehead before moving around to back of head.**
- **Migraines may be in forehead area, either one or both sides of head.**
- **Sinus headaches have sensation of heaviness or pressure in forehead or cheekbones. Arise**

from a viral ore bacterial sinus infection or allergies. May have stuffy nose, nasal discharge.

- **Giant cell arteritis occurs near temples, but can also occur over forehead.**
- **From the front of head to the middle back of head can be dehydration. Drink several glasses of water over a period of an hour and see what happens.**
- **If you have headache across the forehead, suspect something blocked in the kidneys.**

Top of Head:

- **Often from caffeine use, sleep disruptions, dental problems.**
- **Tension type headaches can occur at top of head. Stress often the cause.**
- **Dehydration can cause migraines and tension type headaches, need fluids, usually resolved when you drink water.**
- **Rare is brain cancer, brain aneurysm, brain hemorrhage that can affect top of the head.**
- **If you the pain is on top of the head or you feel like the head is going to explode, suspect a food allergy, suspect one or more of the five foods you crave the most.**
- **headache pain at top or sides of head: this is the liver-gall meridian and may have something to do with those organs**

Back of Head:

- **Tension type headaches will feel like a band around the head, sometimes concentrated on the back of the head.**
- **Occipital neuralgia can develop when one of the occipital nerves that travel from the top part of the spine to the back of the skull, becomes trapped, irritated or damaged. The headache is piercing or throbbing and moves from the base of the skull, toward the sides and front of the head.**
- **Headache pain in back of head when you wake up may be due to high blood pressure**
- **Spontaneous intracranial hypotension is when there is low spinal fluid pressure in the brain, causing severe headache usually in back of head. Worse when standing or sitting, better after lying down.**
- **Very common headache is one that starts in the back of the head, comes up and around to the eyes – suspect problem in the intestines (digestion).**

Lower back of head:

- **if the headache is at the lower back of the head, it is usually a misalignment of the neck. See a chiropractor for an adjustment.**
- **if the pain is in the lower back of the head, it may be a lack of potassium**

Behind right ear:

- **if you the pain is behind the right ear, suspect gallbladder problem**

Behind the eyes:

- **if headache is behind the eyes, suspect pituitary gland, or eye strain.**
- **if headache is in forehead, neck or back of head, suspect tension is cause (tension headaches last 2-6 hr and usually have consistent tightening around head, sometimes in neck and shoulders). Can use peppermint oil on temples, do what will relax you.**

- **if headache is in and behind one eye or the side of the face, intense like a hot poker, consider it may be a cluster headache, and these often are very painful, may be season or occurring night after night (cluster headaches last 30-60 minutes). Avoid alcohol, look for triggers.**

Over the eyes

- **if feeling queasy, and headache is over eyes, cleanse liver and gallbladder**
- **cluster headaches are rare, but are known as recurrent severe attacks of pain around the eye, often there is tearing and watering of eyes.**
- **Right above the right eyebrow, suspect gallbladder**

Sides of Head

- **headache pain at top or sides of head: this is the liver-gall meridian and may have something to do with those organs**
- **temporal areas= on the side, suspect thyroid**

Only on one side of the head:

- **if headache is only on one side of the head, suspect it is a migraine (migraines last up to 3 days, usually indicated by throbbing). Migraines are usually irritated by light noise, nausea. Sometimes massaging temples helps, taking extra magnesium or valerian root tea.**
- **if the headache affects one-half of the head: try taking manganese, pituitary concentrate, B Complex, trace minerals and chlorophyll**
- **if the pain is on the right side of the face, suspect the stomach as the culprit (digestive)**
- **Cluster headaches always localized to one side of head usually near temple, eye and/or forehead.**

Corner of forehead

- **suspect adrenals**

Face:

- **if the the pain is on the front of the face, suspect kidney/bladder problem**
- **if headache is on the right side of the face, suspect the stomach as the culprit**

Headache and Pain in Neck:

- **Migraines and tension headaches can occur with symptoms of neck pain.**
- **Muscle strain, eye strain, injuries, TMJ problem, hydrocephalus. Even arthritis can pinch nerves or damage spinal discs.**
- **Meningitis often causes stiff neck with headache.**
- **headache with stiff neck and fever - get checked out by medical establishment for meningitis**

OTHER:

- **Migraines causes a throbbing, pulsing headache on one side of your head that gets worse with physical activity, lights, sounds or smells.**
- **Sinus headaches feel like a dull pain behind your eyes, in your cheekbones, forehead or nose. It's a symptom of sinus infections (sinusitis).**

- **Tension headaches cause mild-to-moderate pain, which feels like a tight band around your head.**

WHEN

*** if the headache occurs upon arising, then wears off during the day, suspect hypothyroid (low functioning thyroid)**
*** if headache occurs more in the afternoons, it could be reaction to foods eaten at lunch, or reaction to drug medication. Calcium could also be a factor.**
*** if you get headaches 3 hr after eating, suspect hypoglycemia (low blood sugar)**
***if the headache is in the evenings, it may be parasites, but get checked for tumors**
*** if the headache occurs only when lying down, check the bedding, (sheets, pillows, blankets), the mattress, any electricity near the head.**

Headache Due to Organ Imbalance:

Adrenals: Headache usually occurs in late afternoon, accompanied by low blood pressure, lack of concentration and fatigue.

Pancreas: Pancreas headaches usually occur when meals are skipped or delayed, causing the blood sugar to drop. Stress, fatigue and a craving for sweets is often noted. Eliminate all refined carbos. May need to support liver with #3 GB-LIV (1-2 TID).

Pituitary: Pituitary headaches follow no distinct pattern. Often very painful. Rule out all other causes.

Ovaries/Uterus: An ovary/uterus type headache usually occurs during ovulation and/or menstruation. May be accompanied with acne and severe mood swings.

Liver: Nausea, aches and pains, nightmares, anxiety and possibly insomnia usually accompany a liver toxicity headache. Fatty foods cause distress. Eliminate all fatty, fried foods, refined cars. And trans fatty acids.

Thyroid: A thyroid headache is often indicated by a dull pain present upon rising in the morning and wears off by mid morning. As metabolism increases, the thyroid begins to respond causing the headache to disappear.

Food Allergy/Sensitivity Headache: Offending foods produce the headache. Need to correct digestive problems. Foul smelling gas usually indicated protein digestion problems. Non-foul smelling gas usually indicates carb digestion problems. Avoid offending foods and/or chemicals/preservatives. Eat organic foods whenever possible.

Environmental Allergy/Sensitivity Headache: chemicals in the environment produce headache, including pesticides, herbicides, fertilizers, cleaning products, paints etc. Eat only organic. Use a negative ion generator, and have air filter in your home. Use all natural cleaning supplies.

Depression Headaches: mental and emotional lethargy. Person may be on a prescription drug such as Prozac, Valium or Lithium. Exercise may be helpful to stimulate gland function. Refined foods should be avoided. Check for endocrine dysfunction esp. thyroid, adrenal and pancreas.

Capillary Fragility Headaches: Painful headaches that wake people up from a sound sleep. Usually due to fragile capillaries that may leak minute amounts of blood. Usual due to rutin deficiency.

Excess Sun Exposure Headaches. Usually due to UV sunlight that draws calcium into the blood and actually starves the tissues of needed calcium. Lack of Vit. F (ess. Fatty acids) causes vit. D to increase blood calcium levels above normal. Vit. F is the transport mechanism to bring calcium from the blood into the tissues (ie. During excess sun exposure, fever blisters or canker sores.

Other:

- **if you have skipped a meal, it is a good chance it may be low blood sugar causing the headache.**
- **a dull type headache may be due to lack of iodine - take 2-3 caps of dulse or kelp every morning**
- **if you are dizzy as well, it may be low blood sugar, or circulation to the brain or you may have had a recent accident. Or it cold be a reaction to food, food poisoning.**
- **if feeling "puffy", headache could be caused from water retention**
- **Often the trouble is candida albicans. Try a yeast free diet for several months and take a fungal cleanse.**
- **Triggers of headaches: lack of sleep, stress, not eating on time, caffeine withdrawal. Smoking and drinking alcohol are possible triggers of cluster headaches. Many people are sensitive to weather changes and barometric pressure changes.**

TYPE OF HEADACHE:

- **If you have a constrictive/vice like headache, try using niacin or gingko biloba or blessed thistle to dilate blood vessels. You will respond well to warm or hot cloths on the face and head that encourage blood into the area to counteract the constrictive nature of the headache.**
- **If you have a dilating headache (feels like head is exploding), you will want to use herbs that help to constrict such as St. John's Wort, or feverfew. If you use feverfew you need to take it every day, always. You will respond nicely to cool cloths on the head and face that help constrict the flow of blood to counteract the dilating action. Drinking a cup of coffee can also help a dilating type headache.**
- **if headache is sudden, agonizing: get checked for bleeding/hemorrhaging in the brain.**
- **if headache only when lying down – change mattress, sheets, blankets, pillows. Turn off all electricity in the room (phone, tv, lamps etc).**
- **Cluster headaches are rare. They cause severe, intense pain in or around the eye on one side of the head. You may have several headaches over short periods of time.**

Homeopathy for Shifting Headaches

Belladonna	**Throbbing pain, sensitivity to light, sudden onset**
Glonoinum	**Congestive headaches, often triggered by sun exposure**
Natrum Mur	**Headaches linked to dehydration or hormonal changes**
Iris Versicolor	**Migraines with visual disturbances and nausea**
Kali Phos	**Stress-related headaches, often with fatigue**

HELPERS:

Even a 1/2 glass of wine can give a headache if the body is imbalanced. Sugar products are often another culprit

Most headaches will clear up if you cleanse the bowels and eat a mono diet for several days of very plain whole type foods like salad, fruit and brown rice.

If you suspect food allergies, eat brown rice for a few days or do juice fasting, then add foods back on to the diet slowly, one at a time to determine the offender. The most common food sensitivities are: chocolate, cheese, cured meats, sugar, food dyes, milk.

Get lots of fresh air and drink lots of pure water.

Many headaches have been completely stopped by taking an enema, cleansing the bowel of the toxification.

If headaches are severe, it often indicates excess type conditions. If headache is dull/annoying, it often indicates a deficiency.

Cluster headaches and some other types have responded to psilocybin (magic) mushrooms. Sometimes only a tiny bit can keep the headache away for months. They are usually available online. Look up information on the internet and do your research to satisfy yourself they may help you.

If the headache is being caused by stopping a drug, you may benefit from doing cleansing of liver, kidney and blood to speed up the process of returning to normal.

Changing diet, or stopping a certain food like coffee, can start a headache. You can either slow down the process of change, help it out by drinking lots of water, and know it will only take so many days and the discomfort will be over.

Herbal Help for vaso constricting or dilating:

If vaso constricting (feels like head in vice), use vaso dilators: Gingko, Periwinkle, Blessed thistle. Warm cloths. Try a Marjoram essential oil compress.

If vaso dilating (feels like head exploding), use vaso constricting: Feverfew, St. John's Wort. Coffee. Cool cloths. Do not use gingko, it will make it worse.

HEAD TRAUMA

After accident where head was involved – if you hit one side of the head, it is the other side that is the sorest. Concussion? Lie in bed 7 days with no bright lights, no tv, loud sounds – this will avoid problems years later. To treat right away find shoulder point centre where it rounds down into the arm. Touch both sides for 5-7 minutes.

BODY TRAUMA DRAIN

This also works for any body trauma (physical or emotional) but find the little indent where arm meets shoulder – use pad of middle finger touch lightly, will feel a little buzz, eventually shoulders will relax. This drains out the trauma (doesn't go into you so don't have to be concerned).

TREAT ALL HEAD, SINUSES

Press the middle of the chin and upward for 60 seconds or more, helps shrink mucosal membranes in sinuses. It is important to get on the right contact master point.