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Liz Tomey

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## **Headaches Affect Nearly 90% of Men and 95% of Women**

All kinds of pains are bad. But there is nothing as mentally exhausting as a headache. It affects our well-being, our productivity and even our social existence. After a headache we feel mentally drained and physically exhausted. But then we come to the interesting question, should a bad headache keep a good man down? To find a solution to this question, it is important that we understand more about headaches.

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

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

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

### **Migraines**

A migraine is a splitting headache that just seems to set in apparently due to no reason at all. The reasons for a migraine are mainly vascular. That means that certain changes in the blood vessels that supply blood to the brain trigger of the pain. Of course, the causes for the changes in the blood vessels may vary from person to person but this is generally how it starts.

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

## Headache Happiness

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

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

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

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

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

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

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

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

Anger can trigger a migraine as well. It would be good for short tempered people to learn ways of controlling their anger. The best method is

## Headache Happiness

of course the one to ten method. The next time you get angry count to ten very slowly before you really blow your lid. By the time you get to ten you should have cooled down.

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

## Sinus

Sinus problems, too, give rise to headaches. The sinuses are small spaces in the facial bones just below the facial skin. The spaces are concentrated in the nasal region, temples and around the eyes. Sometimes, due to infection, these spaces get inflamed with mucus and infected as well.

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

## Tension

Tension headaches are also common in many people. Stress and anxiety are causes for tension headaches. The moment such a person gets tense about something, the person develops a tension headache. Insufficient sleep, anxiety, problems, and worries give rise to the tension headache.



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Now whatever is the cause or whatever be the nature of the headache, most headaches are preventable. There is no need to endure the pain when you really have an option. Follow the tips given below and you will be amazed to find that the prevention is actually in your hands. Below are X tips you can use to prevent your next headache.

## **Prevent Headaches While Reading**

Do not read when you are lying down. The lying down posture is clearly not the best position to read. It is a very common thing for a person to flop down on the bed with a book and read it while lying down. In fact, many people make it a habit to read for a few minutes before going to sleep. Let us say it once and for all; it is not good to read while you are lying down.

You need a well-lit room to read. The lighting of your room too is very important. A properly lighted room is what is required if you want to read, do needle work or any other such fine activity. Again too much light is just as bad as a dimly lit room.

The source of light must preferably be behind your head. The source of light should not come in front of your eyes but must be behind your head. This is also true in the case of a computer as well. The source of light should be from behind.

Do not hold the book too close to your eyes. This is some thing that happens when you lei down to read. The book tends to move closer to your eyes than intended. This is something that is bad for your eyes. Your eye muscles have to strain a lot in order to focus on nearer objects. The book should ideally be at the level of your chest.

Do not hold it too far away either. Holding the book too far away is just as bad as holding the book too close. Remember to keep it at chest level. Many bookstores have reading stands that will enable you to keep your book position at the right level.

## Headache Happiness

If you find it difficult to read, get your eyes tested by an oculist. If you find yourself squinting or your eyes watering while you read or do any fine work, then you might need glasses. So do not waste time, consult a doctor at the earliest time possible. Faulty vision is a major cause of headaches.

Be careful of the print size of the book you are reading. If the print of the book is too faint, or if the font size is too small, just toss away the book. Most libraries have large-print versions of books. If this is not available, use a magnifying glass or wear magnifying glasses.

Do not read in moving vehicles. Many people try to read while traveling by car to kill time. However, curves and bumps in the road can cause headaches and even motion sickness.

No matter how smooth the road is and no matter how good the shock absorbers of the car are, there is bound to be jerking motions. This will force your eyes to adjust and readjust to the print and this continuous adjustment and readjustment is very bad for your eyes. At the end of the journey you are bound to end up with a headache.

The light from your T.V or P.C monitor is not enough to read. Some people tend to read in the light that comes from a turned on television set or a computer. This light is not enough for your eyes to pick out what is printed, and should be combined with lamplight or overhead light.

## **Prevent Headaches While Working**

While doing work that requires you to strain your eyes, take breaks every five minutes. This is especially true for jobs like needle work and works involving electronic gadgets.

Use an anti-glare screen to cut out the radiation while working on your computer. Radiation is bad for your eyes and an anti-glare screen is the only

## Headache Happiness

and the best solution to this. Another option is to wear glasses that have an anti-glare coating on the lenses.

If your job requires long hours in front of the computer, you may want to consider buying a special lamp that clips on the monitor. This lamp reduces the eye-strain caused by staring at the computer screen, and thus reduces headaches.

Do not work continuously on your computer for more than half an hour. This in fact is a very relative concept because some people tire faster than other when working on the computer. Computer screens emit radiation, so the less time in front of the computer, the better.

If your eyes give you signs that it has had enough take the cue. But often, after you get used to working on the computer, you start ignoring these signs. The best thing you can do is make it a point to give your eyes a break at least every half hour of working on the computer.

Try to blink deliberately while working on the computer. When you work on the computer there is an increased tendency to stare unblinkingly at the monitor. This especially true if you are playing an exciting game. In such cases you should make a conscious effort to blink your eyes.

If you do not blink your eyes, they will become dry, they will hurt and this will ultimately precipitate as a headache. It is when you blink that your eyelids wash your eyeballs with the tear secretions. Your eyeballs must be moist always so remember to blink your eyes even if you are deeply engrossed in something interesting.

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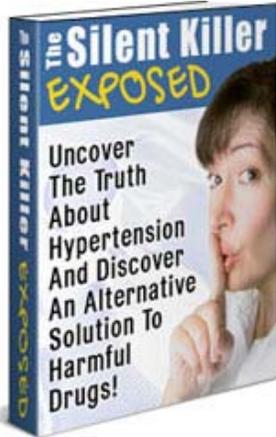
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## Prevent Headaches While Outdoors

Never look at the sun directly, especially between 7 am in the morning and 4 pm in the evening. If you will be outside during this time or driving, be sure to shield your eyes in some manner.

While going outdoors during the summer, protect your eyes using sunglasses. Sunglasses are the best protection that you can give your eyes when you go out in the sun. The sun beats down ultra violet and other harmful radiations. Your eyes need protection from these radiations because they can cause serious damage to your eyes if they are directly exposed to them. Below are some tips for choosing sunglasses.

- The sunglasses must cover the region of your eyes completely.
- Sunglasses may be of any color that you like but make sure that they guard your eyes against ultra violet radiations.
- Take care to see that your sunglasses are always clean and free from dust and smudges.

The best way to choose your sunglasses is to put them on and stare at your face in a mirror. If you can see your eyes in the mirror, then the glasses are not good enough.

If you have to go out in the sun, protect your head using a hat or a cap. The sun has many benefits as far as health is concerned, but if you expose yourself directly to the sun, you are likely to end up with a headache.

The heat from the sun can bring about vascular changes and alter the delicate balance of the various fluids inside the brain. This in all likelihood will precipitate as a whole of a headache. That is why it is imperative that you protect your head with a cap or a hat when you have to go out in the sun.

## **Prevent Headaches While Watching TV**

Never watch television while lying down. The best position to watch television is sitting and your eyes should preferably be at the level of the television screen.

Do not sit too close to your television set. Take care to sit a considerable distance from the screen. It is easier for your eyes to focus on the images that flash across your TV screen. It is also less harmful for your eyes. The ideal distance from your TV set is around five feet or more.

The room in which your television or computer is should be properly lit. Watching television or working on the computer in the dark unnecessarily strains your eyes. Make sure to always turn on a lamp or overhead light.

In the ideal condition, the light source should be behind you placed in such a way that the glare does not reflect on the screen.

## **Preventing Sinus Headaches**

Find out if you have any allergies. Allergies can cause headaches. Some of us are allergic to specific substances and these substances can trigger off a headache. It may be certain odors or it might be a certain flavors. Each time you get a headache just try and find out what triggered it.

A gentle shake of your head can tell you if you do have a sinus infection. If you move your head even slightly, the pain will increase and this is a good method of deciding whether the headache is actually due to a sinus infection. If you have a sinus infection, do not shake your head, as the pain will increase.

Another method is to try bending over. The moment you lower your head you will feel as if there is something heavy inside your head. If doing so leads you to discover you have a sinus infection, refrain from bending over until the infection clears.

Crying is not good for a headache. If you are prone to sinus headaches, crying is not good for you. When such a person cries for even a minute or two there is very good chance that the tears will lead to a headache.

If you feel you might start crying, try breathing deeply, or try to lie down and fall asleep. Some situations are unavoidable, but some, like sad movies, are easy to avoid.

Know your sinus points and use the acupressure method to treat your self and rid yourself of the pain.

The best thing about the acupressure method is that it has no side effects. It is something that you can do completely on your own and if you are doing it properly, you can get almost instant relief. I have described the steps in detail in the points that follow, try doing it and I promise you, you will be glad that you did it.

## Headache Happiness

1. First of all you have to get a clear idea of where your sinuses really are.
2. For this I recommend that you lie down on a flat surface preferably without the support of a pillow.
3. The next thing you should do is run your fingers gently over your face, taking note of the various rises and falls.
4. Now let your fingers linger in the portion above your eyes but just below the eyebrow.
5. Feel the bone over there and let your fingers sense out a notch in that bone.
6. This space extends from there towards the nasal bone.
7. This is your first sinus point
8. Now let your fingers trail down further till they reach the depressions if we can call them that on both sides of the nose halfway between the eyes and your mouth. This is your second sinus point.
9. Now what you have to do is apply pressure to these sinus points.
10. You have to be careful when you do this and please take care to use only the soft balls of your fingers and not the tips, which may have long nails.
11. First of all apply pressure gently.
12. You might experience a particular pricking sensation as you do.
13. If it hurts, you may stop immediately.

### Headache Happiness

14. If not you may continue applying more and more pressure till you can tolerate it.
15. Then gently let go and lie there for a minute experiencing the pain fading away.
16. Repeat this with the second sinus point.

A point that you may bear in mind is that if your sinuses are infected these regions will be slightly swollen.

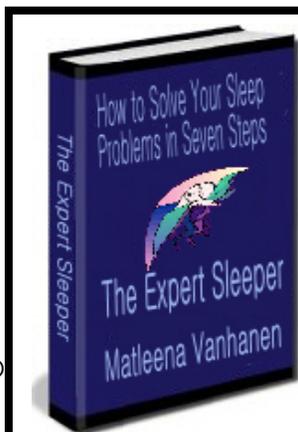
## Preventing Headaches Caused By Alcohol

Quit drinking if it is a habit. Reduce your alcohol consumption to only 2 – 3 glasses a week. If headaches persist, try to quit completely.

Tips on how to avoid a hangover headache. A hangover usually sets in after the consumption of alcohol. The following tips can help you avoid a hangover headache.

- The hangover headache is usually the result of dehydration so if you increase your intake of water, you can keep a hangover headache at bay.
- Dilute your drink with water instead of soda. The more water you take in, the better.
- Never start drinking on an empty stomach
- Drink a glass of milk one or two hours before you leave for the party.
- Munch on snacks while you are drinking.
- Cheese is good to prevent a hangover headache.

For every ounce of alcohol that you consume, make it a point to consume a glass of plain water



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## Miscellaneous Ways To Prevent Headaches

Eat plenty of carrots; they are good for your eyes. Carrots are the best things that nature has to offer for eye sight so go ahead and gorge on them. Carrots are rich in vitamin A, which is the vitamin required for proper eye sight.

Use a pillow that is not too thick to rest your head. If the pillow that you are using is too thick, you will be straining you neck muscles when you are asleep. If the neck muscles are taught for too long, they will become stiff and this often precipitates as a headache.

The best rest that you can give your eyes is staring at a distant object. Or you can try massaging your eyes gently. Please remember that your eyes are unlike any other part of your body so you have to take very good care of them. The same holds true when it comes to massaging your eyes as well.

- When you massage your eyes take care to use only the soft balls of your fingers.
- Do not use your finger tips because your nails could give you scratches.
- The best fingers to massage your eyes with are the three middle fingers, which are the fingers between your thumb and the little finger.
- Place the balls of your fingers on you're your eye brows and gently press down.
- Please remember to be gentle; we are not talking about a major massage therapy here.

## Headache Happiness

- Now let your fingers roll down around your eyes making gentle circling movements.
- The motion should start from the eye brows and end at the corners of the eyes near the nose bridge.
- Repeat this two or three times and you can feel your eye muscles relax.
- It is a good idea to this at least five or six times a day if you are working at something that gives a lot of strain to your eyes.

If you feel that your eyes are under strain, take a break. The best relaxation for your eyes is staring at a distant object or just keeping them closed. Your eyes will give you signs when they are under strain. You will find that you are getting tired sooner, your eyes may start to water or you might notice that you have to squint your eyes in order to get a better view.

Breathing exercises help you breathe better and release the toxins in your brain. The human body takes in a lot of toxic substances, both through the air and through food and drink. Apart from this, various toxins are also released in the body as a result of the various processes that are going on. These toxins have to be released on a continuous basis or else they will accumulate in the body with serious results.

One of the best ways of releasing these toxins is by means of exhaling while breathing. One funny fact is that most of do not breathe properly. Just take a look at the picture like this. With each breath that we take, we take in oxygen. This oxygen is carried by the blood to every cell of the body and every cell must indeed get enough oxygen not just to survive but to remain healthy as well.

So it is imperative that we make an honest attempt to breathe properly. But first of course we have to make sure that we are breathing in unpolluted air. The time best for breathing exercises is early in the morning when the air is comparatively unpolluted.

## Headache Happiness

Now what you have to do is this. Again, sit comfortably so that there is no strain to any part of your body. It is not imperative that you close your eyes, but I have always noticed that the exercise works better when the eyes are closed.

When you are ready, what you have to do is to breathe in deeply and slowly, and feel the fresh air filling up your lungs until it just can't take any more. Conjure up images of the air encircling throughout your body and reaching every cell, literally bathing it with oxygen. Of course it doesn't happen that way but the image helps a lot. Then hold your breath for a few seconds and then very slowly exhale letting out all that foul air.

Again conjure up an image of all the toxins being released from your body. Every cell has become free of the burden it was carrying. Now pause for a second or two and again breathe in deeply, slowly letting your lungs fill up with all that good, clean, rejuvenating air. Repeat this exercise at least ten times and take your time for it taking care not to rush through.

When you have done that part of the exercise it is time for the second part. Again sit with your eyes closed, but this time, keep one nostril closed with the help of your index finger. It is best to close the right nostril first and that too with your right index finger. Now breathe in deeply and slowly through your left nostril keeping the right nostril closed. When you have held air for a second or two, release your right nostril and breathe out through it.

While you are breathing out conjure up an image of all the toxins being released from your head and the brain especially. And as you breathe in conjure up images of the clean air circulating through your brain freeing it of all the worries and trouble and lightening it.

Repeat this exercise with the other nostril closed and in this way alternate between the nostrils at least ten times. The entire breathing exercise need not take more than ten minutes.

## Headache Happiness

Dry your head well after a shower. It is best to use a towel for this. The problem with water is that it can seep in through the scalp of your head and if you leave your head damp, the moisture can seep in result in a headache.

Do not blow dry your hair as far as possible. Dryers are not a very good idea. The heat from the dryer is actually bad for your head. Go easy on driers and if at all you must use a dryer, use it only if you have long hair. Never use it to blow dry the short hair on your head.

If you must blow dry your hair, keep the blow drier well away from your head. Not only is the heat bad for your head, but the drone of the drier can also induce a headache.

Avoid inhaling polluting gases like automobile fumes and second-hand smoking. Many of the gases let out by automobiles and other exhaust pipes are highly toxic and they itself can cause a headache.

Second hand smoking by which you inhale the smoke from your neighbor's cigarette too can cause a headache. This is especially true if you are a non-smoker and not used to the smell smoke.

Do not wear a hair-do in which your hair is tied up too tightly. Some people especially women tie up their hair in very tight buns or brainds. If your hair is pulled back too tightly it is going to hurt your scalp and the end result is that you will get a headache.

Try to get a good night's sleep. A good night's sleep is very important to keep away headaches.

"Sleep is one of the most basic and universal activities in which we all engage. Yet, getting to sleep, staying asleep, and waking refreshed can be

## Headache Happiness

highly elusive to most of us some of the time, and many of us all of the time.”

The National Sleep Foundation reports (2002) that America is on the verge of a poor sleep epidemic, characterized by the following eye-opening statistics:

- 64% of American adults get less than the eight hours of sleep that experts recommend is required to maintain optimal physical, mental, and emotional health.
- One-third of the US population says they get less sleep now than they did five years ago
- One-half of Americans have experienced insomnia (sleeplessness)
- Drowsiness due to a lack of a proper night of sleep interferes with the daily activities of 37 percent of all adults.

You need peace and quiet to get enough sleep and so you should take care to see that there are no physical disturbances. Turn the ring tone of your telephone to the lowest possible volume. Do not worry about important calls; if the calls are so important, then the caller will call back later when you have turned up the volume.

Try to cut out other disturbances by wearing ear muffs or eye blinds. Do not read in bed before you sleep, in all likelihood you will drift off to sleep with the lights on and after sometime the same light will wake you up.

Do not oversleep. Oversleeping is just as bad as not getting enough sleep. If you sleep too much or for too long you will wake up with a very woozy feeling and that will most likely turn into a headache. Our body tells us when it has had enough sleep. Listen to the cue and get up, do not succumb to the temptation to just lay in bed.

## Headache Happiness

Try to get at least eight hours of sleep every night. Studies have shown that this is the requirement for most healthy adults. Examine your daily schedule to see how you can rearrange your day to ensure the right amount of sleep. Try to cut out television and other non-necessary activities.

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

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

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

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

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

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

As we grow older we delight in the encouraging pats and caresses of our parents and teachers. Even in our social life there is a lot of touching going

## Headache Happiness

on. That is probably why people use the hand shake as an exchange of warmth.

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

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

Try massaging certain key points of your body like the nape of your neck, the shoulder and neck muscles and the muscles at the web between your thumb and the rest of your fingers.

The entire nervous system, the blood vessels, the skeletal and muscular systems are all interconnected. So if you can identify certain nodal points of the body and apply the right pressure there, you can indeed get relief from a headache.

This is the basic philosophy of the principle of acupressure. Just be careful to apply the right amount of pressure.

Do not wash your head in hot water. It can trigger off a lot of vascular changes that can do more harm than good. So though a hot bath may be stimulating to your body it is not the best thing that you can give your head.



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Take a steam bath if you want to but try to keep your head above the steamy fumes. Cold water is best for your head so keep it that way. And mind you, by cold water we are not referring to chilled water.

Heady fragrances of some perfumes and room fresheners can give you a headache. This need not be something that you have used on your own body. It can be a perfume that your neighbor has used. So if you sit next to person and feel that your head is getting woozy, try to move to a safe distance.

Incense smoke is not good for you. Incense smoke contains a lot of alkaloids and the inhalation of these can spark a lot of changes in the internal mechanism, do not take the risk.

Too much noise is bad for you. In fact sound pollution is one of the causes for headaches to become so prevalent.

Contrary to popular belief, sound pollution is not caused just by machines and automobiles. I do not want to argue with the fact that machines and automobiles cause a lot of sound. A journey down the street during the rush hour is enough to give anybody a headache. But apart from that blaring music too does a lot of harm.

Take care to lower the volume if you want to listen to music. Loud music is not really good for you. And if you want to play music in order to soothe your nerves and instead you are playing loud music, it will have just the opposite effect. Your blood pressure will actually go up and your adrenalin levels too will increase.

The best thing that you can do is stay away from all sources of loud noise and that includes noisy kids as well.

## Headache Happiness

Plug your ears if you are moving into a loud sound zone. Use ear plugs, ear muffs or thick wads of cotton. Most grocery stores and convenience stores carry sound-reducing and sound-blocking earplugs, many of which are not too noticeable.

Try steam inhalation. This is especially true for those who have a sinus problem. Steam inhalation is an excellent way of clearing all the spaces inside. If you have an infection too, a steam inhalation can be very soothing. But there is a word of caution that I have to offer here.

Be very careful about you eyes. Remember that it is not advisable to expose your eyes to steam and so take care to protect your eyes when you are inhaling steam.

Another thing that you should be careful about is the temperature of the steam. You just need fairly hot water and not scorching hot, sizzling vapors of water. The object is not to scald your skin but to send some warm vapors up your nose. In fact steam inhalation is one of the most recommended therapies for people who get sinus related headache.

The point that you should bear in mind is that the sooner you inhale once you get the headache, the better. If you wait for long hours before you inhale, you are going to have to inhale longer and at shorter intervals for the inhalation to have any effect on the headache.

Menthol vapors too can be of some relief. Menthol vapors too can help towards clearing your sinuses. Try dissolving a balm or ointment in the hot water that has to be inhaled. Then inhale the vapors. This is the best way of inhaling menthol vapors.

Quit smoking if you can. Smoking can affect your head in a very bad way. In fact smoking affects the functioning of every part of your body. When you smoke you are actually submitting your body and the various

## Headache Happiness

mechanisms that go on to the power of a very strong alkaloid that is nicotine. So if you can quit smoking by all means do. It will help you live a better life and can contribute much towards eliminating your headache.

In fact, if your headache goes away when you start smoking it means that your body has already become dependent on nicotine. In that case your headache may be a withdrawal symptom.

There are many things that are identified with substance abuse. Alcohol is one of them, narcotic drugs are another and tobacco is in no way to be left behind. The problem, or let us say that the similarity among all these substances is that once one gets used to them, breaking away is not easy.

Contrary to popular belief, it is not the fear of deprivation of the pleasantly high feeling that drives the person to use the substance again and again so that it is used, misused and eventually abused. The person returns for his or her daily shot because of certain altered conditions in the body. These substances are indeed very potent and they affect certain specific spots or centers of the brain.

The brain quickly gets used to these alterations and then before we know it, these centers of the brain cannot do without the daily doze of the substance. The brain did not ask for the substance in the first place but we gave them to it. When we experience that pleasantly high feeling we do not bother about the changes that are taking place within.

It is common knowledge that the entire processes carried about in the brain are maintained by a delicate balance of the various chemical slats there. Once we start using substances like the above mentioned tobacco, narcotics and alcohol, the balance of these chemical salts gets altered.

The body as I mentioned earlier is a self adjusting machine and so this new chemical balance is established and it takes no time for the brain cells to get adjusted to the new balance.

## Headache Happiness

Then when the brain cells do not get what is required to maintain the new balance (read that as the daily puffs) things go hay wire. The old balance was disturbed and altered and a new balance was set up.

But this new balance is not the real natural thing. It is something that has to be artificially supported and when that daily, or timely dose of nicotine does not get to the brain, the new balance gets upset.

Coffee is actually bad for you. Just like nicotine, caffeine in coffee is bad for you. If you have the habit of drinking a cup of coffee at a fixed time every day, you will in all likelihood end up with a headache if your body does not get that required dose of coffee.

The point to ponder about is this, why do you have to make your body dependent on external substances when it can function very well without these substances.

Drink plenty of water. Water is the most important substance that your body needs. If you are not drinking enough water, you may suffer from a dehydration headache. For a person to remain healthy he or she must drink at least ten glasses of water a day. If your intake of water is less than this then by all means drink more water.

Water is indeed the elixir of life. The more water you drink, the better you will feel. If you do not drink enough water, the water balance of the body will be completely disrupted. Make no mistake about this. The major content of all the cells in your body is indeed water. And when your body does not get enough water, it will end up dehydrated. This will invariably result in a headache.

Do not let water get into your ears. This is especially true if you take dips in a pool. In this case, the best thing you can do is cover your hair and ears with

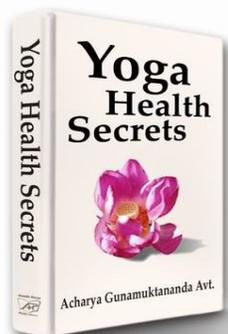
## Headache Happiness

a bathing cap. In most pools chemicals are added to the water to keep it clean and disinfected. These chemicals however are not the best thing for your body and hair. So it is always advisable to cover your head with some protective material.

If water does go into your ears try and take it out as soon as you can. Otherwise you will develop a ringing sensation in your ears, which is next door to a headache. The best way to get rid of the water in your ear is to pour in a little more water and then tilt your head to the side of the ear that has water in it. The result is that all the water will come out of your ear.

Cool your eye muscles with slices of cucumber. This is a wonderful way to relax yourself. If you have had a hard day or have had to be out in the sun for long, the best thing that you can do to soothe yourself is to apply a slice of cucumber to each of your eyes.

This is a 100% natural method of cooling your eyes and you will be surprised at how refreshed you feel when you remove those slices after a couple of minutes.



**Yoga means "to unify."** It's the holistic approach to all aspects of life: physical, mental and spiritual. Yoga views the person as a whole; as a unique combination of body, mind and soul, and its techniques maintain that body-mind-soul harmony.

[Click here](#) for a brief introduction to the ebook *Yoga Health Secrets*.

## Headache Happiness

Eye exercises are good for you. Below you can find tips on how to exercise your eyes.

1. Stare straight ahead of you preferably at a distant object.
2. Close your eyes and let any glimmers of light fade away.
3. Now open your eyes and move your eye balls to the extreme top of your eye sockets and keep them there for a few seconds.
4. Now move them down to the extreme bottom and keep them there for a few seconds.
5. Next, move them to the extreme left.
6. Then bring them to the extreme right.
7. Finally bring them towards your nose.
8. Repeat this exercise three or four times a day.

Apply a soothing face pack. Face packs are a wonderful way of de-stressing yourself. Many grocery stores and beauty supply stores carry them.

You can make your own face pack at home using things that are 100% safe on your skin. One of the best face packs that I have come across that is equally effective for a sinus headache as well as a tension headache is a curd face pack.

What you have to do is chill curd in the refrigerator for a few minutes. If you do not have curd, yogurt will do. Then all you have to do is apply a thin coating of this curd or yogurt on your forehead and on the region around your eyes.

## Headache Happiness

But you must be careful to see that it does not get into your eyes. When you feel that the first coat has dried up apply one more coat. Then lie down with your face up for five to ten minutes.

Practice yoga. It sounds simple, but it really does work.

Try to keep from getting too frustrated, whether it is caused by work, taking care of the kids, or other factors. When you feel yourself losing control, take a step back and take 10 deep breaths. Frustration can easily bring on a tension headache.

Colors too have an impact. The colors around you can have an impact on the way your mind works. This is especially true when it comes to the rooms you move about in.

Red and orange are clearly not the most suitable colors for your bedroom and the living room. It is better to go for light pastel shades or dark soothing colors like blues and greens.

Bad teeth can cause headaches. If you have a tooth infection that is left untreated there is a very good chance that the pain will go on to the rest of your head. Never take a bad tooth lightly. Get the help of your dentist as soon as you feel that there is something wrong with your teeth. If you let it be you are facing a high risk of developing a headache that just won't go away.

If the bad tooth is in the upper jaw bone, you have a greater chance of getting a headache.

The wrong sitting posture can result in a headache. If you do not sit properly when you are working you could cramp the muscles of your neck and shoulders. Remember that if the muscles of your neck are cramped it will result in a headache. The following tips will help you to get the correct posture

## Headache Happiness

- Never slouch in your chair.
- Try to sit as erect as possible.
- Instead of bending over, try to hold whatever you have to do up so that your neck is straight.
- Try and get a writing board and put your work on this board.
- Sit back on your chair and prop writing board on your chest supporting it on the edge of the table. In this way you can sit and do your work.

If you find you continue to have bad posture, you may consider buying a lumbar support pad, a doughnut hole or other devices designed to make you sit correctly. These are available in office stores and medical supply stores.

Remove hair gel before you go to bed. Hair gel may be give you that great look but take care to remove it from your hair before you go to bed. Not only is it bad for your hair to have it on for to long, but it is all chemicals and it is bad for you to sleep all night inhaling these chemicals and the mild perfume that most hair gels have.

Hair gel also has the effect of sealing off all the pores on your scalp. So in the night, the skin on the scalp of your head cannot breathe and this is bad for your head.

If you use glasses or contacts, check your eyes periodically. Once you develop a defect with your vision it is a very good thing to get yourself tested at least once every six months.

If you have a family history pf poor eyesight get yourself examined periodically. Most vision defects are hereditary so if one of your parents started using glasses at an early age, there is 25% chance that you might have the same problem as well.

## Headache Happiness

Avoid stuffy rooms. Stuffy rooms mean that obviously there is not enough air in the room. If the room smells musty too it is a good idea to get out of the room or open all the windows and doors and let the fresh air come in.

It is also not good for you to sleep in a room that does not have proper ventilation. Even if the A/C is turned on, try to also turn on the fan to circulate the air.

Dip cotton in iced water and apply it on your forehead. This is a way of soothing a sore head. But do not leave on the cotton for too long.

Or if you have had a particularly bad day you could try applying an ice bag to your head. But again, remember that objective is to cool your head and not to chill it so do not apply the ice bag for too long.

Do not skip meals and go about hungry. Eat at fixed times. Hunger is the worst enemy of a person who is prone to migraine attacks. When you miss meals or have meals at times other than normal, you are actually depriving your body of the much needed energy.

The body will seek out alternative measure that is it will start working on fat reserves but the fats cannot be easily converted to sugars which the body desperately needs. So when the body does not get what it wants, the cells get deprived of energy and this manifests itself in the form of a headache.

If you have a sinus problem, blow your nose often. Blowing your nose helps to get rid of the mucus that accumulates in the sinuses. It is better if you can blow your nose after a steam inhalation.

It is also a good idea to water rinse your nose. This is a very effective way of clearing your sinuses and saving your self from a bout of dust allergy as

### Headache Happiness

well. All you have to do is cup your hand and hold a little bit of water in it. Dip your nose in and inhale the water very gently.

The water must only ascend the passage of your nose and must not go any further. You can control the ascent of the water by controlling your breath. After this breathe out and let the water out. Repeat this a couple of times. You might snort the first two or three times but after that you will soon get the hang of it.

Take a 20 minute power nap during your lunch break. You will wake up refreshed and without as many worries.

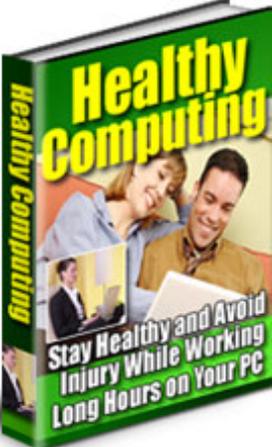
## Conclusion

Headaches are apart of our lives. Knowing how to prevent them helps us not have to deal with them as often. I hope this book has helped you, and will show you how to prevent future headaches!

Here's to FEWER headaches!

Liz Tomey

<http://www.FreeHealthy.com>



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