

Mindful



Health

Newsletter

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How many of you regularly suffer from headaches? How many of you pop Tylenol or an Advil and pray that it goes away? How many of you think that a headache is normal as long as it is not every day?

An estimated 17.6% of women and 6% of men in the United States experience headaches on more than the occasional basis. Twenty million regularly experience cluster and migraines. Well the truth is, even a minor headache is a sign of a problem. So throw out that Tylenol and read on for some tips!

WHAT TYPES OF HEADACHES ARE THERE?

Headaches can vary and range from migraines, to sinus or tension headaches. Migraines are pounding headaches usually dominant on one side of the head. They are usually characterized by severe pain and sensitivity to light and their duration varies. It is more commonly seen in women more than in men, and they are related to the widening of blood vessels, which may be a result of chemical changes causing spasms in vessels.

WHAT CAUSE A HEADACHE?

- Allergies • Dehydration
- Hormonal imbalance • A congested gallbladder • Colon and digestive issues • Stress
- Muscular tension • Teeth clenching or grinding
- Low blood sugar

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www.mindfulhealth.biz
for more information.**

WHAT CAN YOU DO TO PREVENT A HEADACHE?

- First of all you need to identify the cause of your headache. Come in for a screening and I can determine the cause of the headache. Remember a headache is just the symptom of another issue.
- Eat a well-balanced diet which includes protein, fat and carbohydrates at each meal and cut out the sugar and the artificial sweeteners. Look at one of my past newsletters on Blood Sugar (Volume 2, Issue 2) for sweetener alternatives.
- Drink at least 50 ounces of water each day. But make sure you are absorbing the water. If you feel like you are constantly running to the restroom you may not be absorbing the water you are drinking and I can help you with that issue.
- Try ginger — it has been proven to help with headaches.
- Avoid caffeine
- Add some B complex
- Acupressure and reflexology. Apply pressure to the areas of the head and feet that feel sore. Also massage the web of the hand between the thumb and the index finger
- Try rubbing peppermint essential oils on your temples.
- Be sure to get sufficient sleep and supplement with calcium and magnesium if needed.
- Get a massage
- Exercise
- If you have regular headaches you should address them with a professional in health care.

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129 for a free consultation or e-mail her at Nicole@mindfulhealth.biz