



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



# Empower your Body, Mind & Soul

## HEADACHES

### What is a Headache?

According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches and of these, 28 million suffer from migraines. About 20% of children and adolescents also have significant headaches. It is however believed that headaches, especially migraines, have a tendency to run in families. Most children and adolescents (90%) who have migraines have other family members with migraines. When both parents have a history of migraines, there is a 70% chance that the child will also develop migraines. If only one parent has a history of migraines, the risk drops to 25%-50%. Headache pain generally results from signals interacting between the brain, blood vessels, and surrounding nerves. At the moment the pain begins, specific nerves of the blood vessels and head muscles are activated and send pain signals to the brain. It's not clear, however, why these signals are activated in the first place.

*And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee. Exodus 23:25*

*If thou wilt diligently hearken to the voice of the Lord Thy God and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians; for I am the Lord that healeth thee.*

**Counsel on Diet & Foods by Ellen G. White**

### What are the symptoms of a Headache? ★

Everyone has experienced a headache at some point in time in their life. The common causes are stress, constipation, tension, anxiety, allergies, coffee consumption, eyestrain, hunger, sinus pressure, hormonal imbalances, temporomandibular joint syndrome (TMJ), trauma to the head, nutritional deficiencies, use and abuse of substances like tobacco and alcohol, fever and exposure to irritants such as perfume and colognes. If you experience headaches quite frequently, it may be linked to an underlying health concern such as food additives (wheat, gluten, monosodium glutamate (MSG), sulfites, sugar, dairy products, nuts, citric acid and fermented foods. Illnesses that can also be considered in headache assessment are anemia, bowel related problems, brain disorders, high blood pressure, hypoglycemia, sinusitis and/or vitamin deficiencies or toxic overdoses. See the chart below for specific headache concerns.

TYPES OF HEADACHES	SYMPTOMS	CAUSES
<b>Arthritis</b>	Pain in back of head / neck and worsened by movement	Unknown
<b>Caffeine</b>	Throbbing pain due to dilated blood vessels	Caffeine withdrawal
<b>Classic</b>	Severe throbbing pain with visual problems and numbness in arms/legs	Excessive dilation of blood vessels
<b>Cluster</b>	Severe throbbing pain on one side of the head with flushed face and teary eyes	Stress and substance use of alcohol / cigarettes
<b>Common</b>	Severe throbbing pain on one side of head with nausea, vomiting, cold hands, dizziness and sensitivity to light and sounds	Excessive dilation of blood vessels
<b>Exertion</b>	General headache during and/or after physical activity	Usually related to migraine or cluster headaches
<b>Eyestrain</b>	Pain in the front of the head	Eye muscle imbalance or uncorrected vision
<b>Hunger</b>	Strikes before mealtime due to low blood sugar and muscle tension	Skipping meals and strict dieting
<b>Hypertension</b>	Dull but generalized pain affecting head and aggravated by movement	Severe high blood pressure
<b>Menstrual</b>	Migraine type pain before, during and after cycles	Estrogen changes
<b>Sinus</b>	Gnawing and nagging pain over nasal area increasing as day goes by accompanied by fever and discolored mucus	Allergies, Infection, Nasal Polyps and Food allergies
<b>TMJ</b>	Temporal, above ear or facial pain on one side of face, clicking or popping of jaw	Stress, jaw clenching and gum chewing
<b>Tension</b>	Constant pain in one area or all over the head with sore muscles	Emotional stress, anxiety, depression, anger, food allergies and poor posture

*I will lift up my eyes to the hills, from whence comes my help? My help comes from the Lord who made heaven and earth. Psalms 121: 1-2*

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drugs

Inositol

Imitrex

Lidocaine



**Herbal  
Therapy**

Burdock

Fenugreek

Gingko  
Biloba

Goldenseal

Lavender

Lobelia

Rosemary

Skullcap

Thyme

# Treatments - Diet, Drugs & Herbs



## HOW DOES ONE CONTROL AND TREAT HEADACHES?

The good news for headache sufferers is that once a correct headache diagnosis is made, an effective treatment plan can be started. When symptoms begin, see your family doctor. He or she will perform a complete physical exam and a headache evaluation. During the headache evaluation, your history and description of the headaches will be evaluated. You will be asked to describe your symptoms and characteristics as completely as possible.

A headache evaluation may include a CT scan or an MRI if a structural disorder of the central nervous system is suspected. Both of these tests produce cross-sectional images of the brain that can reveal abnormal areas or problems. Skull X-rays are not helpful. An EEG is also unnecessary unless you have experienced a loss of consciousness with a headache.

The proper treatment will depend on several factors, including the type and frequency of the headache and its cause. Not all headaches require medical attention. Treatment may include education, counseling, stress management, biofeedback and medications. The treatment prescribed for you will be tailored to meet your specific needs.

However, each individual must always seek to treat the cause and not the symptom of the headache. Long-term use of pain killers can affect the brain's ability to fight chronic headaches by making its symptoms worse. Until initial contact with your doctor is made, cold compresses can be applied to restrict constricting blood vessels and easing muscle spasms.

## RECIPES for Headaches

### GINGER HOPPER

¼ inch slice ginger, 4-5 carrots with greens removed, ½ apple with seeds removed.

Method: Push all ingredients through juicer.

### SWEET MAGNESIUM SMOOTHIE

1 pint blackberries, 1 ripe banana, 2oz silken tofu, 1 tbsp brewer's yeast

Method: Juice berries. Place juice, banana, tofu and yeast in blender and blend until smooth. Garnish with blackberries.

**NB:** Drink 1 hour before bedtime

### INSTANT SOUP

2-3 garlic cloves, 1 bunch spinach, 1/2 cucumber, 1 stalk celery, 2 tbsp finely chopped spinach/ celery

Method: Wrap garlic cloves in spinach and push through hopper with cucumber and celery. Place juice in pan, add vegetables and gently heat.

## HEALTH RECOMMENDATIONS

- **MAINTAIN A HEALTHY WEIGHT AND GET REGULAR MODERATE EXERCISE.**
- **AVOID** ice cream, iced beverages, salt, chewing gum and excessive sunlight.
- **ELIMINATE** foods containing the amino acid phenylalanine. Phenylalanine can be found in aspartame (Equal / Nutrasweet), monosodium glutamate (MSG), and nitrites (preservatives in hot dogs and luncheon meat).
- **ELIMINATE** foods containing tyramine. Tyramine can be found in bananas, cheese, chicken, chocolate, citrus fruits, cold cuts, onions, peanut butter, sour cream, vinegar and fresh-baked yeast products.
- **USE** a fiber supplement daily and a cleansing enema weekly to remove toxins so that they are not absorbed into the bloodstream and circulated in the body.
- **INCLUDE** almonds, almond milk, watercress, parsley, fennel, garlic, cherries, and pineapple in your diet to help stabilize blood sugar.

*And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. James 5: 15-16*

## **HELP IS HERE FOR YOU.....**



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.