

**BONUS REPORT:  
HEAL YOUR HEADACHES  
THROUGH YOUR DIET**

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## Natural Headache Remedies

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## **INTRODUCTION**

Is there a connection between the food that you eat and headache? According to ancient holistic medicine such as Traditional Chinese Medicine and Indian Ayurvedic Medicine, there is. In addition, recent research indicates that certain substances in food may cause changes in blood vessel tone, thus bringing on the headaches in susceptible people. Headache experts have estimated that 10% to 30% of headaches are related to food sensitivities.

There is also an increasing amount of information pointing to serotonin (a neurotransmitter - chemical involved in the transmission of nerve impulses between nerve cells - that's formed in the brain and primarily found in three parts of the body – the brain, the lining of the digestive tract, and in blood platelets) as playing a significant role in migraine. The good news is that while not much is understood at this point in time, more attention and research is likely to go into studying the relationship between serotonin, food triggers and headaches.

In this report, I will be covering three main ways that you can heal your headaches through your diet:

- (1) Avoiding food triggers,
- (2) Consuming herbal remedies and
- (3) Consuming vitamins and supplements that have been shown to be helpful in the prevention of headaches and migraines.

## **(1) AVOIDING FOOD TRIGGERS**

Most doctors advise their patients to keep a diary of their activities and food consumption so that they can relate occurrence of headaches to consumption of food. Eating particular food causes the trigger points in the brain to constrict and dilate the blood vessels, causing headaches.

Food additives are discussed in the next section as potential food triggers for some of you.

### **Food Additives**

Food additives are specific substances that are added to foods in order to add different varieties and flavors to the food. They are best known to add different colors to the food as well as giving food the ability to remain preserved or sweetened. There are several types of food additives, all which are put in different types of foods in different quantities. Knowing what food additives are and how your body reacts to them is important in helping you to maintain your health.

The major thing to consider with food additives is that they are not natural substances that your body needs. Because of this, some of them can cause problems with your system. Food additives, before they are put into food must be approved by the USDA. Beyond this, they must always only consist of a small amount. If it is larger than what should be used, it can cause your body to become imbalanced.

You can find out whether your food has food additives by looking at the back of the box. These will usually be labeled as coloring, preservatives or an anti-oxidant. There are also several other different types of food additives that are used in foods. They should also state how much of this is used in the food. If you find that this is a higher consistency, it is best to not buy the food, as your body does not need it for nutrition.

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The main reason why food additives are used is because of the market of food that is popular today. Food additives help to preserve food and allow for the customer to have a better quality to the food. For example, preservatives are mainly used to help from spoilage and food poisoning in foods. Antioxidants are mostly used to stop oxygen from moving into oils and fats. To add flavor to food, things such as flavoring agents, acids, and sweeteners may be added to the food.

All of the types of food additives that are used are mainly used in order to allow the food to be a better quality product on the market. If it is being shipped from another area, it will help the food to last longer. If the company wants to give the specific type of product a better taste, it can help to intensify the taste that you are getting. Food additives have become a part of the market in almost every single type of food, especially because of the competition that is in the food market.

Before buying any food, you should look at the food additives that are in it. Usually, food additives are tested by the USDA before they are put on the market, which helps your body to stay balanced in some ways. Most food additives in foods are also at a low quantity and do not affect your system that much. However, consumed over long periods of time, they can be unhealthy for your body and may cause problems such as headaches and skin allergies.

Knowing that food additives are not even good or that necessary for nutrition purposes in the first place, it is best to limit its consumption whether they are a trigger or not for your headaches.

The best way to find out if a particular food is a trigger for your headaches is to keep track of your diet and any symptoms and reactions that you observe after the meal. Symptoms are likely to appear within one hour of food intake but can also take one week to show up, according to some headache sufferers.

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Discovering if you have food sensitivities is not an easy exercise. It requires you to be diligent in recording, keeping track and sticking to a trigger-free diet.

Food triggers differ from individual to individual. What triggers your fellow migraine sufferer may not be the same for you. A list of common food triggers can help you to take special note of them and your reactions after consuming them - [click here to get complete list](#).

The rewards with the arduous task of maintaining a food log are well worth it especially if you become successful in reducing the frequency and the severity of your headaches.

## **(2) HERBAL REMEDIES**

Feverfew is the primary herbal remedy for migraine headaches. It has been the subject of many clinical studies proving that it helps in the relief of headache pain.

One study taken recently showed that 60% out of 100 migraine sufferers reported a significant drop in the frequency and severity of their headaches after taking feverfew leaves. Ann Turner, Director of Migraine Action Association said: “The results of this survey are very encouraging. Migraine is a complex condition and to manage it effectively sufferers require an individualised treatment approach. This survey confirms previous research and indicates that Feverfew Leaf can help to reduce the severity and frequency of migraine attacks and is a useful addition to the range of treatment options available.”

The results of the survey confirm those of previous studies that have documented the ability of dried Feverfew leaf to help stave off the frequency, pain and nausea of migraine type headaches. Feverfew is one of nature’s oldest headache remedies and its therapeutic qualities have long been recognized. Feverfew is also available as a dietary supplement in herbal shops and pharmacies.

Another way to consume herbal remedies is by brewing herbal teas. At the first sign of headache, a herbal tea of feverfew, chamomile, lavender, lemon balm, rosemary or sage has been shown that it can help to relieve stress and headache pains.

Although most herbs have little or no side effects, there are some that can induce powerful reactions. Feverfew is one example. If you are pregnant, do not use feverfew.

It is also important that herbs used be of the highest quality. Always consult with a qualified herbalist on the use of herbs for your headaches.

### **(3) VITAMINS AND SUPPLEMENTS**

It is possible to have a higher tendency for migraines and tension headaches due to the lack of specific vitamins and supplements in your diet. To diagnose any deficiencies accurately, it is best to consult a doctor. Your doctor can then prescribe the correct dose that will help relieve headaches.

A food supplement has been tested in recent studies to be helpful in reducing the severity of headaches is Omega 3 commonly found in fish oil.

Fish oil has a natural anti-inflammatory compound and can relieve headaches. Recent reports of the beneficial effects on migraine from the ingestion of fish oil capsules have caused excitement among millions of migraine sufferers. Decreased frequency and severity of migraine attacks were noted in a few double blind studies. In double blind studies, neither the physician nor the patient knew what was being taken. The severity of headaches has been shown to reduce by as much as 80-90% in terms of severity and decreased headache frequency.

#### **Omega 3 oil**

Omega 3 oil is becoming a recommended part of one's diet. It can provide for certain nutrients that one needs in order to help with their body keeping a balanced lifestyle. Knowing why Omega 3 oil is important as well as knowing where to find the substance will help you in determining how much and if you would like to include this in your diet.

Omega 3 is known as an essential fatty acid. This type of fatty acid provides your body with several different levels of functioning. Without these types of fatty acids in our system, our body will be unable to maintain balance. We can not produce this type of fatty acid without having substances and nutrients moving into our body.

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Omega 3 oils are essential for the functioning of several different areas of your body. They can help your nervous system function at a higher level, including better brain functioning and lowering stress levels. They are also known to help with maintaining regular cholesterol levels. It is also known to help with better skin and hair. Omega 3 oil also provides for support with your bones and joints. By having Omega 3 oil as part of your daily meal, or as a supplement, it can help with the nutrition levels of your body.

Omega 3 oil is best known to be in fish. Having fish once or twice a week will help in maintaining the right level of this fatty acid in your body. However, you can also find Omega 3 oil in the form of flax oil that you can use for cooking. Nuts, especially walnuts, also usually provide a good amount of Omega 3 oil in your system.

If you don't particularly want to use any of these foods in order to get your supply of Omega 3 oil, than you should consider looking into a supplement that has this fatty acid in it. There are several fish oil supplements that will give you the nutrients that you need. These come in both gel forms as well as in liquid form, making it easier for you to take on a regular basis.

Omega 3 oil is a fatty acid that can help promote better health and balanced functioning of your body. By incorporating it into your meals and making sure that you are getting some sources of this type of fatty acid, you will be helping your body. Your nervous system, cholesterol levels and other secondary functions of your body will all thank you for providing this fatty acid.

## IMPLEMENTING DIETARY CHANGES FOR HEADACHE PREVENTION

You can combat many a headache by changing your dietary patterns. Diet constitutes the major part in your body functioning by providing necessary energy. It is best to have three full meals each day with healthy snacks in between. Stay away from fasting or depriving your body of essential nutrition.

Eat fresh food as old food has a higher concentration of chemicals. These could cause headaches. Increase intake of seasonal fruits in your daily diet, as they contain natural sugar.

Natural sugar does not increase your blood sugar levels to alarming highs although it does increase to necessary levels only. Rather, natural sugar contains chromium in the glucose tolerance factor molecule. Chromium works with body insulin and other vitamins and enzymes to process sugar within the body.

However, refined sugar and sugar products do not contain chromium and therefore, natural processing of sugar does not take place. This increases blood sugar levels to alarming levels often causing severe headaches.

Your diet should contain wholesome food with many vegetables, fruits, and other fiber. Besides, your diet should contain moderate amounts of salt. Include many vitamin supplements like vitamin C, vitamin B6, and tryptophan, omega-3 essential fatty acids as present in nuts, uncooked flax seed oil, fish, and wheat germ.

More about healing your headaches through your diet can be found in [Natural Headache Remedies book](#). Get your copy today!