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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.

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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 some times be so severe that 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 of a migraine as well. It would be good for short tempered people to learn ways of controlling their anger. The best method is

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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.

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.

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

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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.

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 ...

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