

Headaches

This handout is not designed to help you mask or "bandaid" your symptoms. This class is specifically designed to address the root causes of your head pains.

KNOW THE ROOT OF YOUR HEAD PAIN

- Liver Type - Sense of nausea, light sensitivity, or intense pain.
- Pituitary Type - Recurring random headaches that don't have a specific pattern and can have a tight band around the head feeling.
- Thyroid Type - Dull headaches that are stronger in the morning and typically fade away throughout the day.
- High Blood Sugar Type - Typically felt in the front of the head, especially after eating a high carbohydrate meal.
- Low Blood Sugar Headache - Typically felt in the back of the head, especially after skipping a meal. Can also signal low protein.
- Environmental Sensitivity Type - Can be traced to contact with a man-made chemicals or pollens. This can indicate that the liver, lymphatic system, circulatory system and/or the nervous system may be overburdened.

POSSIBLE CAUSES

- Side effects of drugs or medications
- Toxicity in the body
- Poor elimination
- Emotional stress
- Fear of the unknown
- Allergies
- Weakness in reproductive organs
- Adrenal or kidney weakness
- Lack of antioxidants
- Energetic imbalances
- Sugar imbalances
- Withdrawals
- Vision issues
- Lack of good food
- Junk and artificial food sensitivities
- Dehydration or lack of good water
- Not enough activity
- Lack of essential fatty acids
- Lack of minerals
- pH imbalances
- Poor breathing
- Poor circulation
- Poor digestion
- Structural issues
- Not enough good sleep
- Potassium imbalances

SIMPLE STEPS TO RECOVERY

- EAT REAL FOOD
- Open up all paths of elimination (intestines, liver, kidneys, lungs, lymphatic system, and skin)
- Eliminate food sensitivities (most common: dairy, wheat, soy, corn, white refined and artificial sugars)
- Drink distilled or reverse osmosis water
- Regular massage and chiropractic work
- Learn to balance your emotions (addressing the above can help with this)