

Headaches: Causes And Cures

By Your Name

<http://www.tinyurl.com/4f8vce>

1. Causes of Morning Headaches

If you wake up each morning with a headache, you're not alone. A recent study made headlines when it found that one in thirteen people wake up with a headache each morning. Even more revealing was that the study showed that nearly 8% of those people had endured the headache for at least four years. Women between the ages of 45 and 64 are the most likely to suffer with these headaches.

If this sounds like you, there could be many reasons you are waking up with these headaches. In this article we will look over these reasons one by one.

Sleep Apnea

Many people think they are getting a full night of sleep, yet feel tired during the day. Sleep apnea is a common cause of this feeling of sleepiness during the day following what is believed to be a full night of sleep. Sleep apnea is when you stop breathing for a few seconds during sleep. It is believed that about 18 million Americans suffer from sleep apnea.

Among the common symptoms of sleep apnea is waking up with a headache. Many people also say that they wake up feeling as if they have not slept at all. It is common to feel like your throat is dry when you wake up. Others may describe you as snoring loudly during the night or note that you jump up suddenly during the night and then go right back to sleep.

Most of the symptoms of sleep apnea are caused by a failure to sleep deeply. For this reason it is important to see your doctor if you believe you may be suffering from sleep apnea. Typically, your doctor will order a sleep study to determine the severity of your sleep apnea. Commonly you will be treated for this condition with a CPAP machine with a mask you wear while you sleep.

Teeth Grinding

It is common for people to grind their teeth during the night. However, excessive teeth grinding can cause a tightness and pain in the muscles of the jaw, neck and head. This problem can often be fixed with a remedy as simple as a 'nightguard' fitted for you by your dentist. This device is a soft piece of plastic that rests in your mouth while you sleep to prevent grinding. A search on the Internet will also provide you with a lot of leads on these devices.

Restlessness in Bed

Tossing and turning during the night often leads to a headache in the morning. The reasons for this restless tossing and turning can vary from our daily stresses or buried stressors from the past. A licensed psychologist or psychiatrist may be able to help you deal with these issues.

Restless legs can also lead to a lot of movement in bed. The restless leg sensation involves a feeling that you must move your legs. Some have described this sensation as 'insects crawling inside the leg.' Suggested remedies for this sensation range from a hot bath before bed to drug abstinence to include nicotine, alcohol and caffeine. Your doctor may suggest iron or magnesium supplements if they are suitable for you. Your doctor may also decide to prescribe a drug such as

Ropinirole.

A Snoring Partner

Often, it can be the person sleeping next to you that keeps you from getting a full night of sleep. In fact, studies suggest that a person living with a partner who snores can lose nearly 50 minutes of sleep each night. That can really add up over time.

The Cause of the Night Groans

Snoring is the sound created by the muscles the back of your throat flopping around in vibration. Common causes of snoring are chronic allergies, upper airway resistance, obesity, a stuffy nose and medication side effects.

If you feel any of these common causes apply to you, they need to be dealt with swiftly to improve sleep and ultimately your health. In the mean time, you may be able to find some relief using a special snoring prevention gum shield provided to you by your dentist.

Quiet Time Anxiety

It is extremely common for people to worry or have anxious thoughts when they lie down to sleep. During the day a variety of tasks and entertainments allow us to push these concerns to the backs of our minds. However, when we lie down, we no longer have distraction and our minds turn attention towards these anxious thoughts.

For many people, this will only occur during times when they deal with special problems or issues and then gradually disappear. For some, though, this can continue on indefinitely as they suffer from or head towards depression. If you think this may describe you it is important to see a doctor to help you end this nightly anxiety cycle.

2. Ginger: An Effective Treatment for Headaches

For 5,000 years, ginger (*Zingiber officinale*) has been used for medicinal purposes. In Ayurvedic medicine, ginger is used often. In Sanskrit, Ayurvedic means "science of life." Ayurvedic medicine is an ancient healing system that is becoming more and more popular today as people are realizing the important connection between the body and the mind.

Thirty years ago, Maharishi Mahesh Yogi introduced Ayurvedic medicine to the Western world. If his names sounds familiar, it is because Maharishi Mahesh Yogi taught transcendental meditation to the Beatles. Ayurveda has gained popularity in recent times through the works of Deepak Chopra.

Ginger is used to treat upset stomach. However, it is becoming known as an effective remedy for headaches. So effective is ginger in treating headaches that it is positively endorsed by many doctors and neurologists.

How Ginger Works on Headaches

Exactly how ginger works in treating headaches is not yet entirely known. What is certain, though, is that ginger seems to decrease the occurrence of headaches as well as their intensity. These positive effects are attributed to the anti-inflammatory properties of ginger. Ginger, it looks like, prevents the blood vessels from being inflamed. When the blood vessels are not inflamed, it means they are not enlarged and not pressing on the nerves. It is when the blood vessels are

enlarged and pinching on the nerves that a headache occurs.

For more than two decades, ginger has been known to prevent nausea and motion sickness. Nausea is one of the symptoms of migraine and headaches. Ginger was proven to be more effective than Dramamine, a popular medication for motion sickness. In 1982, The Lancet, a British medical magazine for doctors, published a study showing results that ginger was twice as effective as Dramamine in preventing nausea and motion sickness. Ginger is believed to act either on the digestive or central nervous system in reducing nausea and vomiting. When ginger is taken as soon as a migraine symptom is felt, it can provide relief.

In Denmark, tests were run to determine the effect of ginger on arthritic people. It was found that 75% of the people who were tested exhibited lesser pain and swelling after ginger was added to their diet. Inflammation is considered a condition associated with a migraine. Amazingly, the people who participated in the study reported a positive side effect of taking ginger -- they didn't have any colds during the study.

Ginger is not for Everyone

Ginger may seem like it is the best cure for headaches and migraines. However, you should never take ginger to treat your headaches and migraines if:

- you have gallstones since ginger can exacerbate the release of bile.
- you are pregnant as ginger has not been proven to be safe to take during pregnancy even though it is advertised to relieve morning sickness.
- you are taking Warfarin, Heparin or Aspirin, which are blood-thinners, as ginger is found to prevent the clumping of blood cells.
- you have heart problems or you are taking any heart medications.
- you have diabetes or you are taking medication meant to control your blood sugar as ginger supplements contain high sugar content.
- you are on supplements like garlic, which causes thinning of the blood.

Taking Ginger

Before you take ginger supplements, it is best to consult with your doctor to make sure that it is safe. You can take ginger in any form. You can take ginger tablets or capsules. You can take ginger in tea or tincture form. You can also take ginger in paste form. It is your choice.

However, once you start taking ginger in one form, avoid taking it in another form simultaneously. For instance, if you are taking ginger in capsule form but you want to switch to taking ginger in tea form, stop taking the ginger capsules first before starting to take it in tea form. This way you can monitor how much ginger you are taking and avoid overdosing. You may have overdosed on ginger if you feel sleepy, confused or dizzy and your heartbeat is erratic.

A Word of Caution

The FDA has not done any testing on ginger as a medication for headaches. In addition, the manufacture of ginger products are not governed by any regulated standards so it pays to exercise caution before using these products. There have been incidences where ginger supplements sold were contaminated. To lessen the risk, make sure that you buy ginger supplements only from reliable and reputable sources.

3. Hot and Cold Treatment for Headaches

Many who suffer headaches on a constant basis attest that taking a brisk walk in the cold air helps to clear their heads and relieve themselves of their headaches. However, some who try this method will end up with an even bigger headache. Still, there are those who say that taking a hot shower as soon as the first sign of headache manifests itself can stop the headache from coming on. Yet again, there are people who swear that doing just this can bring the headache full blown.

Headaches can be relieved by both hot and cold treatments. Some find relief using hot treatments while others find it in cold treatments. Still, there are those who find that alternating hot and cold treatments is an effective headache relief.

So which treatment will effectively work for you? You need to discover this for yourself through cautious experimentation.

Hot or Cold -- They Work!

Hot and cold treatments work so well because they effectively target the muscles and blood vessels. Headache pains are usually caused by enlarged blood vessels that are exerting pressure on the nerves surrounding the area. When you apply cold on the affected area, the vessels constrict, reducing the pressure on the nerves and lessening the pain.

Then there are the headaches brought about by anxiety and tension. When we are tensed, our muscles tighten up, pinching the nerves and enlarging the blood vessels. The muscles can be loosened up by applying cold and heat alternately. The pinched nerves are released and the blood vessels become relaxed.

Soak Your Feet, Cure the Headache

The next time you have a headache, try sitting and soaking your feet and ankles in a bucket of hot water. The blood vessels in your feet and legs will dilate, drawing blood away from your head. When this happens, the nerves on your head are relieved of the pressure and you feel headache relief. If you apply cold compress on your forehead while your feet are soaking in hot water, you will feel even more relieved since the cold will prevent the heat from going up to your head and adding to the headache. After you are done soaking your feet, put on thick socks to keep your feet warm.

Applying the Cold Treatment

If you do not have a cold pack to use for the cold treatment, you can substitute a bag of frozen peas. However, make sure that you wrap a cloth or a thin towel around the frozen bag so you do not get freezer burn. You can also use ice cubes as a cold pack. Place them in a plastic bag and then wrap the plastic bag in a thin towel before placing it on your skin. Have the cold pack on your skin for no more than thirty minutes. Give your skin a break and then reapply as needed.

Brain Freeze

Have you ever eaten an ice cream and immediately felt a piercing headache? Some people refer to it as "brain freeze." What you do is put a spoonful of ice cream in the back of your mouth. Let it melt before you swallow. This method, while uncomfortable, is a great way to "cool" your brain down, effectively stopping a headache or preventing a migraine from progressing any further. What the ice cream does is cool down your hypothalamus, believed to be responsible for the

onset of migraines.

Hot and Cold Packs

If you can afford it, buy a hot pack and a cold pack. You can use these two packs alternately to treat your headaches and migraines. Hot and cold packs come in a variety of choices. There are stick-on cold forehead patches, rectangular packs and fully fitted masks.

If you cannot afford to lie down for your cold and hot treatments, consider getting a cold pack that you can wear like a band around the forehead and temples. These packs use Velcro to fasten them on your head.

If your headaches are caused by stiff neck and shoulders, try using a moist heat neck wrap to relieve the tension. If your headache is due to a dental problem or TMJ, try using a cold wrap. This type of cold pack fastens over the top of your head as the cold pack sits under your chin. For menopausal women suffering from hot flashes and night sweats as well as women who are on tamoxifen, a cooling ice pillow may just be the perfect solution to relieve the headaches.

Headaches Come In Many Different Forms, But They Are Largely Preventable!

Your Last Headache Probably Was Recent Enough To Make You Want Download This Free Report. The Pain Was Most Likely So Irritating That You Just Wanted To Scream At The Top Of Your Lungs:

"Pain, Pain, **GO AWAY!**"

I Know The Feeling!

Your Jaw Will Drop When You See How Many Different Factors We Can Pin On Causing Headaches. You Just Don't Realize All Of The Potential Pain Causing Activities, Substances, Pollutants, And The Like That Can Help To Cause You Undeniable Pain.

Look! You Don't Have To Settle For The Pain Coming Back Another Day! You Can Likely Take Free Steps Today Without Any Medications To Prevent Headaches From Ever Occurring! Just Click Here To Learn More: <http://www.tinyurl.com/4f8vce>

