#### TYPES OF HEADACHES

# Migraines.

Intense pain on one side of the head always repeated in the same area. It is accompanied by disturbances of vision and hearing, nausea and vomiting.



# Headaches caused by digestive problems.

Headaches accompanied by stomach, kidney, intestinal and gallbladder ailments.



Sometimes linked with overindulgence of alcohol, food sensitivities and food additives.



# Stress headaches.

Pain runs from the neck to the top of the skull.



Tension headaches. These muscle contraction headaches cause mild to moderate pain from the neck to the forehead.



# Sinus headaches. Inflammation of the

lining of one of the eight sinus cavities can cause a deep, dull, chronic ache around the eyes, nose and head.



# Anxiety headaches.

Pain crosses the forehead.

# **Major Headache Manual Guide**

**Ying-Ying Zheng** 



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