#### 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**

Joacim Rocklöv



The Enigmatic Realm of Major Headache Manual Guide: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Major Headache Manual Guide** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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