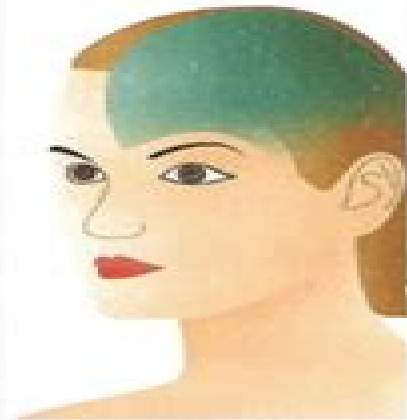


TYPES OF HEADACHES

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

David Baud



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