

## Healthy Aging - Headaches

### **Summary of Headaches and Remedies:**

**Different triggers:** Alcohol, smoking, chocolate, wheat, gluten, milk, cheese, mold, caffeine, coffee and magnesium (can cause or relieve), sound, light, chemicals like hairspray, pesticides, cleaning product; dehydration, stress, clogged sinuses.

**Stomach brain connection:** Some say they get nauseous first or even that vomiting soon enough can prevent or alleviate the headache.

**Neck connection:** Neck tension or sleeping 'wrong' may trigger headaches. Neck manipulation or acupressure relieves. There may be vagal involvement.

**Different types:** Migraines severe, visual migraines with little pain, tension headaches.

**Herbal Treatments:** Apply to temples and neck: Arnica gel, Peppermint oil (high quality) diluted in coconut oil; cannabis edible.

**Hydration** is very important.

**Benfotiamine** under the tongue because it's hard to absorb.

**Magnesium** may make it better or worse. There are different forms. Mg is a vasodilator.

**Coffee with lemon** sipped slowly - tastes bad but works. Alternate fresh lemon & ginger juice with coffee also works. Must be fresh lemon.

**Other treatments:** Acupuncture or Acupuncture Mat on back and head, Rife frequencies for migraines - touch device for max effect, chiropractic, especial cranial adjustments, Rolfing, ice on head and feet in hot water directs blood away from head, tight band around head to restrict blood flow, acupressure points on neck and ear; Neti pot or xylitol nasal spray for sinuses.

Bring awareness to the pain - it moves and lessens. Focus on pain and it lessens.

**Milk shakes** to sooth stomach and prevent headache.

**For Chemical Headaches:** Milk shakes, AlkaSeltzer Gold, Tri-salts, L-cysteine or NAC, along with an 'exit strategy' for detox.

**Excedrin with caffeine** of some help. Prescription drugs gave people side effects.

**Hormonal** - progesterone during hormonal changes.

**Relaxation:** Yoga, awareness, gardening,

**Clean the air:** Burning eucalyptus or ozone to kill mold (do not breathe ozone), air filter with UVC light and HEPA, ActivePure (Monica's Product).

**Chemical Headaches:** Nancy, Connie's son.

**Ocular Headaches:** Alta and Sue.

**Sindar** has used natural remedies and had migraines since she was 19. When she gets a headache, she gets nauseous and dizzy and is sensitive to sound & light. An empty stomach can bring it on, or certain foods: alcohol, chocolate, wheat, other gluten, cheese, smoking, caffeine. She tries to avoid these.

These are the thing she finds useful:

- High Quality Peppermint oil in coconut oil placed on temples and neck, combined with Arnica gel - helps if used early
- Ice mask or ice pack on head.

Hydration is the most important thing.

Laying on an acupuncture mat with bare skin - with a pillow under her neck - or lays with head on the spikes. Hers costs \$30, and she replaces it when it gets dull. There are more expensive ones.

[https://www.amazon.com/product-reviews/B07MBGDKMX/ref=cm\\_cr\\_unknown?ie=UTF8&filterByStar=four\\_star&reviewerType=all\\_reviews&pageNumber=1#reviews-filter-bar](https://www.amazon.com/product-reviews/B07MBGDKMX/ref=cm_cr_unknown?ie=UTF8&filterByStar=four_star&reviewerType=all_reviews&pageNumber=1#reviews-filter-bar)

Listens to frequencies for headaches. Migraine Healing Frequencies:

[https://youtu.be/5jmrIggwCXc?si=yujiPY\\_StZzjkKPy](https://youtu.be/5jmrIggwCXc?si=yujiPY_StZzjkKPy)

Relaxation. Stress can bring on a headache. - Yoga can move the headache out. A hot bath doesn't work.

Cannabis edible and sleeping it off if nothing else works.

Chiropractor helps - if she misses chiropractor appointments, headaches are worse. She has neck problems. Has done cranial sacral therapy.

Rolfing helps with the bad headaches - moving it out of the head.

Bringing awareness to the pain moves it to a different spot and lessens pain.

Has had scans of head, and they never found anything. Has tried mainstream med, but it didn't work. She has taken the reins into her own hands.

Hers is hormonal and goes along with the PMS. She has it at the end of her cycle.

Topical progesterone cream helps the PMS and headaches. This helps balance the estrogen.

**Nancy** in instances of severe pain has told herself to let her 'feel the pain' and it went away. She does this rather than resisting.

If she eats a lot of sugar at once, it brings on headache. She is now on a sugar free diet and feels better.

**Liz's** sister teaches this awareness in her Buddhist practices.

**Samira** has had life long migraines. Headaches run in her family. "DNA is a loaded gun, but lifestyle pulls the trigger." Her mother and aunt both have migraines. She is from Bosnia, which is heavy on milk, wheat and coffee. Her mother didn't have migraines during the war. Stress keeps migraine away. After stress, she might have migraine for 2 days straight. She would have it every Saturday, the moment the stress of work is over. During work, she would take Excedrin with caffeine to keep going, but Excedrin didn't work.

She has related headaches to:

Diet - Tried stopping the bagel in the morning. Milk given the day after the cow gave birth is hormone laden - caused a headache. Fresh cheese and milk products are ok, but aged cheese causes headaches. Struggles with giving up wheat.

Her children were born with severe food allergies, including to breast milk. They were born in NYC - pollution, eating out.

She didn't have obvious allergies, but now she's getting a little eczema.

Hormones - At one time, Migraine every Saturday - when the stress of the job was released.

She now refuses to stress. She gardens.

What helps her migraines:

Listens to Migraine Rife frequencies. - She must hold the phone for it to work. This shaves off 30% of the pain. The pain comes back when the music stops.

<https://youtu.be/fyGmSFUPo8o?si=7oDmrpn5C5HBb79z>

Tried stopping coffee but coffee helps the headaches.

Feels pulsation of blood vessels in head.

Ice on head combined with feet in very hot water.

These things help with pain, but doesn't solve the problem.

Cousin's husband had hangovers and coffee with lemon in and it helped. She tried it. It's disgusting, but it helped. She sips over 30 min, and it's a pain killer. Too disgusting.

Now, she uses fresh lemon and ginger juice. It addresses the nausea and headache (linked). She alternates this ginger lemon just and coffee. If she starts this soon enough, it works.

Headaches are different than migraines. Headaches are mild and goes away. The migraines start with nausea. If she starts the lemon and ginger during the nausea stage, she sometimes can avoid the migraine.

Magnesium caused her to have headaches.

Stress prevents the migraine, but when stress ends, the migraine comes on.

Migraine stops the ability to think. Cannot even focus to pray or meditate.

Ties a bandana around her head to tighten it on the arteries in the back to restrict blood flow. Also will lay on rolled up towel. It reduces pain, but probably not healthy to restrict blood flow too much. Anything to reduce blood flow helps the pain.

If she can puke to relieve her stomach, it helps. It always comes back to the gut. It's directly related.

She knows she should change her diet. She has tried other flours that are grain free.

Went to Functional Doctor - His opinion is that the stress between shoulder and neck goes to stomach, then to the head. Questions this, but massage helped tension.

Sound and light makes the pain shoot.

She also may have mold in house.

Pink residues are only in her Master Bathroom. It's airbourne. Burned Elecampane root as incense back in Bosnia to sterilize the air. So, she tried burning elecampane and the pink went away.

Allergies do not run in either side of her family, but her kids were both born with severe allergies. She believes it was caused by the pollution in NYC and eating out too often.

They were even allergic to her breast milk.

She sought help from mainstream and alternative sources and finally found help from an herbalist in Africa. He helped both children as babies. They still have food allergies, but are gradually growing out of them. They swim because doctors told her swimming is good for asthma.

**Connie** - Clorox and the chlorine in swimming pools can cause asthma. It damages the lung tissue.

Samira says that she may have allergies she was unaware of.

**Sue** - Had sound sensitivities without head pain. Treated it with Benfotiamine, which is a more absorbable form of B1, thiamine. It's hard to absorb, so she puts it under her tongue. She takes it frequently. Helps with sound sensitivity and digestion.

**Nancy** - Gut brain connection. Could food allergies add to it. Ozone kills mold. Uses an ozone machine - can't breathe ozone.

**Jeanne** - have you tried other types of flour? Magnesium sprays that are absorbed through the skin might help. Also, different types of magnesium. Also, Epsom salts baths. But Samira doesn't take baths.

**Monica** - Try Epsom salts in her hot foot bath. Also, mold is a possibility. By the time you see mold, it's very bad. Monica is a specialist in allergies and in indoor air quality.

**Nancy's** son had asthma and noticed he had trouble breathing after he brushed his teeth. She looked under the sink and found mold growing. She has killed the mold with an industrial ozonator, making sure the home is evacuated and aired out before reentry. It kills everything.

**Connie** also used commercial ozonators to kill mold in her home, the meeting house and other people's homes. It works well, but has to be aired out before anyone reenters the space. She ended up cleaning out the air ducts.

**Samira** points out that the root cause of the mold problem must be cured.

**Monica** has ActivePure technology that does penetrate walls and kills mold without having to evacuate the building. It's safer and more effective than ozone. Start to address food, water and air. If you take care of these 3 things, the body starts to heal.

**Jennifer** thanks Samira for sharing all of this. Personal experience is valuable.

**Jeanne** - had headaches, but not sure if it's a migraine, but it's more intense than regular headaches. Her neck muscles get very tight and it affects her stomach until she vomits, then she feels better. She use to tally headaches on the calendar - about every 10 days. She now rarely gets one. Causes:

Chocolate and too much sugar..

Hydration is important. She can control it by drinking enough water.

Ice really helps.

Clogged sinuses affect the back of her neck. Acupressure to back of neck and ice helps.

She pulls on her ear in different ways. It opens up energy pathways. Many medians that are connected to the ear.

Tried Excedrin and didn't like the effects.

The gut is a big part of it. Sometimes vanilla milkshakes would get rid of minor headaches.

Coffee use to help, but doesn't help now.

Magnesium citrate or glycinate helps.

Hydration and magnesium help constipation, which seems to be connected to headaches.

Chiropractic helps. They say her neck is 'out'.

How you sleep helps. Too many pillows cause headaches.

She rarely gets them now by avoiding food triggers and hydrating.

She has never been affected by sound or light.

Sometimes there is a trauma in the cells that causes reactions. This is information that needs to be cleared. Something we should address in a future meeting.

**Sue** finds DQ Mocha Moo Latte relieves her chemical headaches and all reactions, including joint pain and fatigue.

Would different forms of magnesium be better? There's Mg Taurate, Malate, Threonate. Each one works differently and can be experimented with.

**Jennifer** - Her daughter takes a tablespoon of vanilla ice cream to calm her stomach when she's nauseous. The Neti pot helped her with the sinus infections. She uses salt and xylitol (anti-infective) in the Neti pot if she feels like she's getting sick. It works and she doesn't get sick.

**Connie** used it on her 7 year old son after the poisoning in 1994. After the Neti pot, he blew his nose into paper towels until the sinuses were clear. That and Cranial chiropractic adjustments permanently opened his sinuses.

**Liz** - Xylitol comes as a nasal spray that helps her.

**Monica** suggests starting out with a dropper to get use to the Neti Pot idea.

**Jennifer** had a headache for 6 weeks after exposure to perfume, hairspray or cigarette smoke. She now avoids exposure to chemicals and doesn't have them. She tried many things and nothing worked. She now knows more than in the past, so she lives a cleaner life. She also knows more now about the supplements and the importance of an organic diet.

**Connie** - Her son became chemically sensitive after pesticide poisoning. He had severe headaches for 3 days after an exposure. Testing showed that he was deficient in cysteine in blood and urine. L-cysteine supplements on an empty stomach and milk thistle lessened the reactions.

Many chemically sensitive people have a deficiency somewhere in their detoxification cycle. If you can identify this deficiency, you can correct it with supplements. An exit strategy like sauna, footbath or Epsom salts bath is important in any detox. Colonics and coffee enemas also work.

Jeanne used mainstream while she investigated the alternatives.

**Nancy** - Her Naturopath, Dr. Robin Sika, suggested AlkaSeltzer Gold for chemical headaches and reactions.- Ingredients: Sodium Citrate, Potassium Citrate. Potassium bicarbonate, Sodium bicarbonate.

**Sue:** AlkaSeltzer Gold is much like the Trisalts that Dr Rea suggested.

**Connie** also learned about tai-salts from Dr. Rea. It's also a remedy for poisoning with 2,4-D. <https://www.swansonvitamins.com/p/cardiovascular-research-tri-salts-200-grams-pwdr>  
It's wonderful that this group has taken responsibility for their health and has done the research to help their own health and to share the information with others.

**Monica** volunteered to give a conversation on the Healthy Home in 2 weeks, November 6.