

HEADACHE

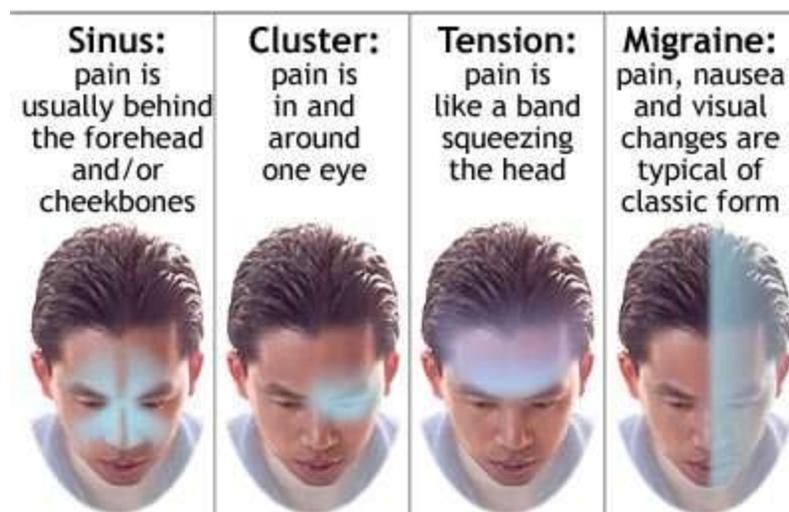
HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390



Definition

Pain In or Around the Head.

Headaches



Cause

This is often the result of a disturbance in some other part of the body, such as:

- Digestive Disorders In The Stomach, Liver Or Bowel;
- Problems In The Abdominal Area;
- Menstrual Irregularities,
- Impingements In The Cervical;
- Concussion,
- Eye Strain,
- Nervous Excitement,
- Fatigue, etc.



The headache is a mechanism which signals some serious problem elsewhere.



Lower Bowel Formula #1

The common headache is due to faulty elimination, and the waste matter causes problems until the toxic wastes reach the stomach nerves and affects them.



Sometimes headaches are caused from panic, fear, or worrying about the unknown. Headaches of this type are the hardest to relieve, generally requiring something strong like a heavy nerve tea with lobelia in it to diminish the nervous excitement.



A nerve tea such as valerian or skullcap with a few drops of tincture of lobelia to a cup will give relief.



Food allergies are another very common cause of headache.

The worst culprit is sugar; I have experienced sugar headaches, which are sort of a withdrawal; you eat the sugar, and then as the body is trying to eliminate the toxic substance, your head pounds.



Cheese commonly causes headaches, probably the worst of the dairy products for this, although allergies to any of them may cause the pain.

Meats and eggs are also common allergens.



Herbal Aids



GENERAL INSTRUCTIONS:

Improve elimination with the Lower Bowel Formula #1

(Use the cathartics and enemas only in case of emergency).

To relieve the local headache pain, 10 to 15 drops of tincture of lobelia in a little water three times a day or up to every hour if required will often give temporary relief.



Where the nerves are raw, the following are excellent: General Nervine Tonic 2 to 4 droppersful in hot water, or use any combination of the following herbs: Catnip, Peppermint (Hot), Rosemary Herb, Skullcap, Spearmint, Wood Betony.

Since plenty of rest is needed, any of the foregoing herbs along with hops tea is very soothing and will produce sleep.

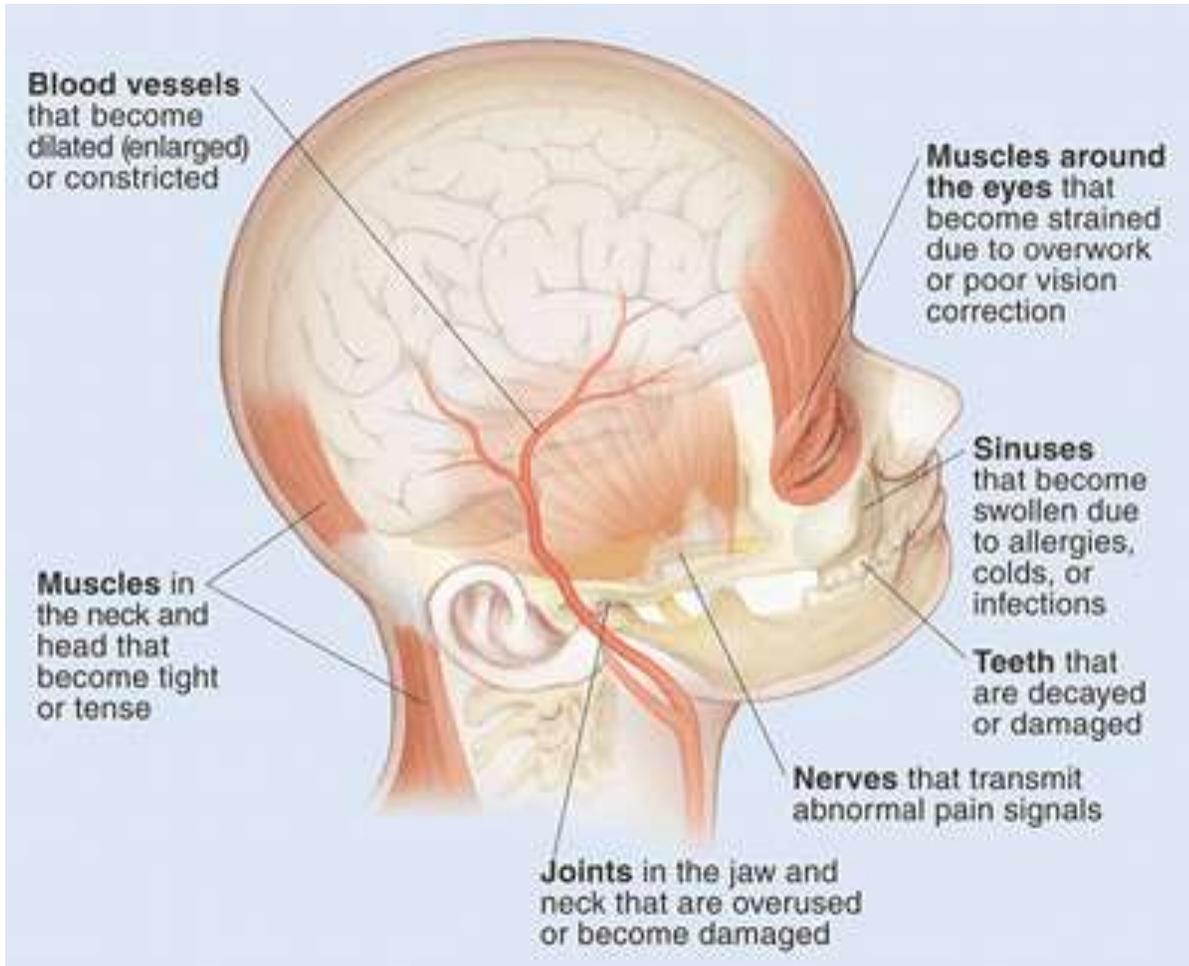
For Menstrual problems use ginger.

- **Migraine Headache:** See formula using wormwood, Culver's root and cayenne.
- **Nervous Headache:** Chew 1-2 freshly-picked leaves of rue.
- **Headache:** Apply the freshly-bruised leaves of rue to the temples.
- **Nervous Headache:** See formula using wood betony, rosemary and peppermint.
- **Peppermint Tea:** Drink a cupful of hot peppermint tea; then lie down and relax.

Oil of Peppermint: Apply externally on the affected area for rheumatism, neuralgia, and headache.

Stress Headache: My favorite headache/stress remedy is blending a banana into a cup of pineapple juice, adding a bit of nutmilk, and mixing in one to two tablespoons of brewer's yeast, blending briefly. In fifteen minutes I am calm and ready to deal with the problems that cause the stress.

Constipation Headache: Headaches can stem from several sources. Very common is the constipation headache, where compressed fecal matter presses on the nerves that affect the head. We have seen severe migraine headaches cured by taking a catnip enema. For longer-term relief, the lower bowel formula can heal the bowel so that there is no constipation.



Severe Migraine: For a really severe migraine headache, apply cold packs to the neck and head while the patient soaks in a very hot tub or whirlpool. Be sure to drink lots of feverfew tea and water, take copious amounts of Dr. Christopher's Calc Tea and try to enjoy the bath.

Dehydration Headache: Sometimes people get headaches because they are dehydrated. You would be surprised that most people walk around in a state of dehydration. You need about a gallon of steam-distilled water each day in order to stay completely hydrated.

Rosemary: Another method to relieve headache is, as soon as the headache begins, a small bottle of spirits of Rosemary is held to the nose and the fumes are inhaled. In addition, a few drops of the preparation are rubbed gently but thoroughly on the temples, on the forehead, on the veins of the neck and behind the ears. This reputedly gives prompt relief.

Juices for a Sick Headache: Celery, celery & apple.

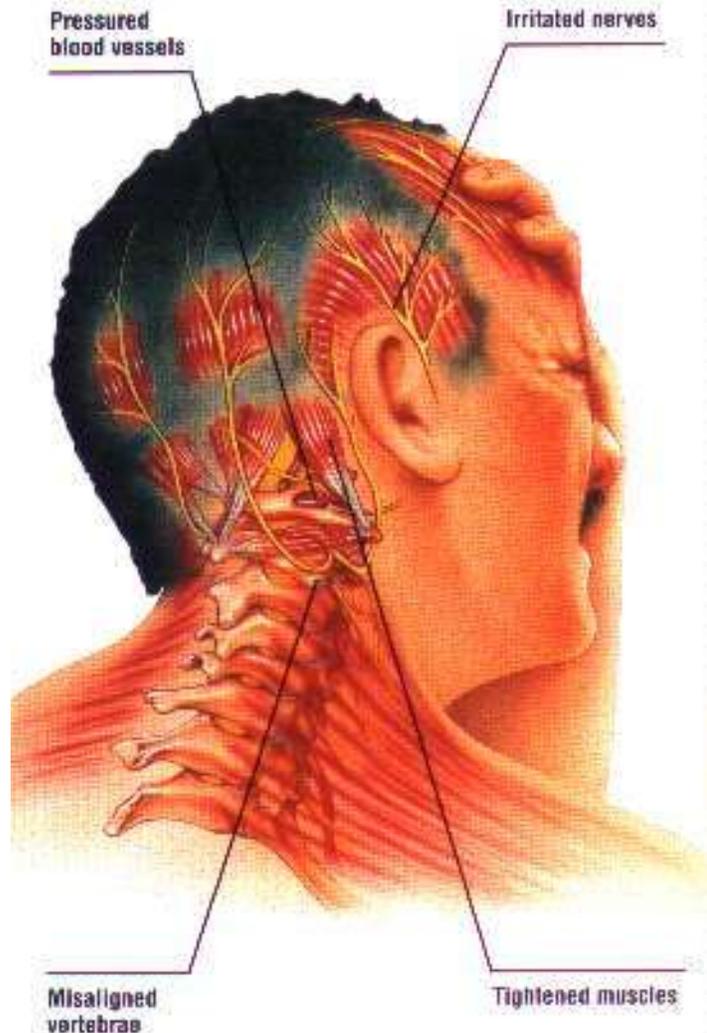
Cabbage Leaves: Apply cabbage leaves to the forehead and nape of the neck and leave on overnight. Applications of the leaves over the liver may also be necessary.

Testimonials

Cayenne Ointment: (Red Sun Balm)

My husband gets severe migraines occasionally, presumably because he does high-stress academic work. These headaches can keep him sitting up all night because they hurt too much for him to lie down. Once when he was suffering from one of these I thoroughly rubbed his back with Professor Cayenne's Ointment, rubbing out the tense places as much as I could. Soon he was asleep and slept all night.

Kelp: A man reported to Dr. Powell with much indigestion with bilious turns. Almost every morning for some months he had risen from bed in the morning with a sick headache. For a time he had taken purgatives, salts and aspirins, which, although giving relief, failed to heal the man; indeed, these things had made him worse. The doctor asked the man to fast and then put him on a cleansing diet. He got somewhat better, though not completely. Eventually he began to take Kelp and cell salts at every meal, and after some weeks his troubles left him. In this case, the doctor noted, Kelp not only acted on the liver, but also on the toxic colon, the gall bladder, kidneys, and meninges. The latter are usually involved when the headaches are severe.



Nervine Herbs are able to Take the



Edge off even very severe pain

The nervine and anodyne herbs will also help ease pain. We have found that one dropperful of lady's slipper root extract and one dropperful of valerian root extract will take the "edge" off of even very severe pain.



HEADACHE PAIN

The combination of wild lettuce and valerian root, used as a tincture, or capsules, can relieve headache, stress, neuralgia, etc. Of course, we always must look to the cause.

An Ice Towel around the head is a very effective treatment for the worst headache. This is Hydro Therapy at its best.

Wet towel & fold in thirds



1



Place in Freezer until icy; about 45 minutes

2



Wrap Ice Towel around head

3



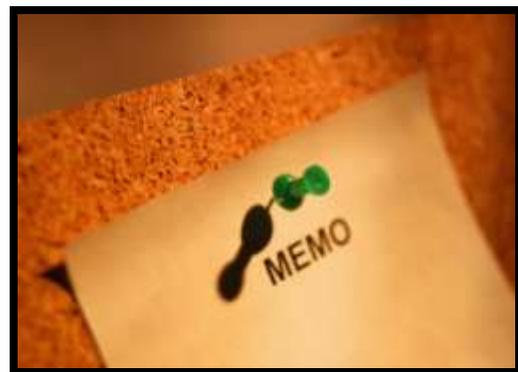
Place legs in bucket of hot water.

4

This will drive congestion from head while pulling excess blood to the legs. The headache in most cases will begin to dissipate in 10 to 15 minutes.

My Headache Testimony *by Dara Dietz*

Inevitable and enormous life changes swelled over my little world in 1982. That year opened with the birth of my daughter, filling my life with the responsibilities of a home and child. During the summer a dear lady friend opened my eyes to the Love of my Heavenly Father. It all became real and personal as my heart grasped the understanding of all He had done and was continuing to do for me. As this unforgettable year drew to its close my days were filled to overflowing with this little person the Father had entrusted to my care. I had no time or energy for life's little annoyances. Unfortunately for me, the department of "Life's Little Annoyances" had not read the memo.



Until the birth of my daughter my occasional headaches had failed to disrupt or even be much of an intrusion. Shortly after her birth I began experiencing excruciatingly painful migraines. The pain forced me to lie in a dark room with a cold washcloth over my eyes. In an attempt to help manage the pain, after my doctor had ruled out any serious health issues, he proscribed a narcotic pain killer. The medication did get me back on my feet again; nevertheless this was not my idea of living. I use the pain pills only when completely laid out, over the next 3 years.

Looking For answers

There seemed to be no rhyme or reason for the onset of my head pain. Weeks would go by and then out of the blue I'd be laid out with horrible pain counting the minutes until the numbing effect of the medication would begin to work. It was truly awful. I began keeping records of everything I put in my mouth. Something I was eating had to be a trigger.



Finding the Answer:



My normal routine each day was to have a sandwich and glass of unsweetened tea for lunch. I normally ate lunch with a friend who preferred sweet tea. On the day I was to finally discover the cause of my head pain I had run out of my unsweetened tea and accepted a glass of my friend's diet tea. Exactly 24 hours later almost to the minute from the time I drank that tea I was laid out with a ghastly migraine. It had been a few months since my last one and the only change in my normal routine was that I had consumed *NutraSweet* sweetener made with aspartame in my tea. The reason it took so long to pin down the issue was the twenty-four hour period that lapsed before the pain would begin. Further research explained that for some people the delayed reaction was due to aspartame causing the brain to swell which took nearly an entire 24 hour period before the pressure built up and caused head pain.

Stop Artificial Sweeteners & Start Bowel Cleansing

Removing all artificial sweeteners from my food program in 1985 has effectively stopped these painful migraines.

Bowel constipation continued to be a cause of minor headaches until 1998 when I discovered bowel cleansing and the LBF #1 formula.

These days it is only when I fail to keep my bowels clear I have to deal with head pain or a stiff neck.