

Download Headaches And Migraines Food Solutions Recipes And Advice To Stop The Pain

Consumer information about the different types of headache and their causes, cures, relief, types (sinus, tension, migraine), and treatments. Get the facts on remedies and headache symptoms like nausea, fatigue, pain, vomiting, and sensitivity to light and noise. It happens to just about everyone: you take a delicious first lick from your ice cream or long sip of a cold slushie, and then bam—your head begins to pound, or pain radiates all through your skull. Life can get pretty busy and stressful, and the “common” headache is sometimes overlooked or masked with a painkiller like aspirin (which, especially when overused, can sometimes cause more serious health issues). A headache is a good indicator that your body is missing something – maybe you need to take a breather, drink some water or change the way you eat. Below is an approximation of this video’s audio content. To see any graphs, charts, graphics, images, and quotes to which Dr. Greger may be referring, watch the above video. - Headaches And Migraines Food Solutions Recipes And Advice To Stop The Pain