

Taking Charge Over The Headache

By Kenneth Frawley

Headache sufferers speak a common language: *cluster*, *migraine*, *sinus*, *tension*, *transformed*; each term referring to a type of headache, its location and the form of pain it produces. Yet, most important in sufferer-speak, is the discussion of *triggers*. While the headache is the resulting effect, its cause is oft under analysis.

In seeking a cause for the affliction, one's environment must always be taken into consideration. The process known as *bioaccumulation*, the myriad of toxins collecting in the body is a lifelong battle for all. Yet, in truth, the individual is apt to contribute more to the onset of a villainous attack. The key to avoiding such self-sabotage: education. For, more commonly than one may realize, food allergies contribute quite largely as triggers. In fact, modern food products factor into the bioaccumulation nightmare, as well. Colors, additives, dyes, preservations, stabilizers, sweeteners, nitrites, and a host of other synthetic chemicals, have become fixtures in the modern diet. Take American cheddar cheese, for example. Its un-naturally orange hue is the result of food coloring. For many, such additives themselves are triggers and should be avoided at all costs.

The search for culprit foods may be arduous, yet it is important to keep in mind that the headache is simply the body's way of announcing that something does not agree with it. Aspirin, *ibuprofen*, and the slew of various over-the-counter remedies only add further chemicals into the body. Moreover, such drugs do not cure, they only subdue until when needed again. The goal is to eliminate triggers, and thus, the headache altogether.

Say an afternoon of wine and cheese ignited those egregious fireworks over the left eye: what then? Aspirin? Actually, a full glass of pure orange juice works wonders. For exceptional thundering, try a hot cup of *real* black tea, like Assam, Russian Caravan, or a true Earl Grey, followed by a very, very hot shower. Not only does black tea contain natural caffeine, it is also loaded with antioxidants. When combined with a long, hot soaking of the head, the caffeine in the tea will shoot to the brain through expanding blood vessels, and the pain will diminish.

The secret to understanding the cure to the headache is accepting that there exists no one single cure. For the headache is an individual thing; and that individual's responsibility is to listen to the body and conduct rigorous trigger research. In a toxic world, eliminating as many toxins as possible will only strengthen the body and improve the quality of the life in that body.