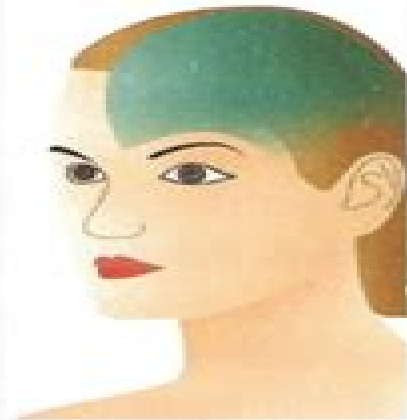


## TYPES OF HEADACHES

### **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

**S Ben Porath**



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