

## Tips to Stop the Pain From Chronic Headaches

Are you suffering from constant chronic headaches? Headaches are a common ailment, but research has developed treatments that may help your problem almost disappear.

According to the National Headache Foundation (NHF) tension headaches affect nearly 78% of the adult population. 13% of the population suffers from migraines. Because the cause of migraines varies greatly, what relieves a migraine in one person may trigger an attack in another. The suggestions here are guidelines for those who suffer regularly from tension headaches which may have an identifiable physical cause.

### WATCH WHAT YOU EAT

Some headache sufferers notice a connection with eating or drinking foods with aspartame. For those who are sensitive to the chemical it may cause blood vessels to expand in the brain and trigger a headache.

Caffeine is used to treat headaches. Its properties can assist pain medication in providing relief and can be found in medications to treat migraines. However, too much caffeine can have a 'rebound' effect and actually cause headaches. If you suffer from regular headaches you should avoid daily use of caffeinated beverages such as coffee and certain sodas.

According to the McKinley Health Center, avoiding tobacco can also reduce headaches.

Skipping meals may cause headaches in some people, so eating regular meals may prevent headaches in these individuals.

### REDUCE THE STRESS

Getting enough sleep is important for everyone. If you suffer from tension headaches you may find getting your eight hours every night reduces the amount or intensity of your headaches. On the other hand, oversleeping can bring on a headache if you don't get up at your regular time (such as on the weekend or during holidays).

Some headaches also seem to be aggravated by too much sun. Excessive exercise outdoors and lack of hydration can lead to headaches. Keep eyes shaded and be sure to drink plenty of water when outdoors.

Not surprisingly it was recently found that women wearing tight ponytails had an increased risk of tension headaches. Releasing or loosening the hair and performing a brief massage to the head can bring almost immediate relief.

### MEDICATE

What you may think is a sinus headache may actually be a migraine. A consultation with your doctor may determine if you should switch to a migraine medication.

According to the NHF, tension headaches caused by stress should respond to reducing the stress or use of over-the-counter analgesics. However, if headaches occur almost daily you need to look for ways of dealing with the stress and discuss other options with your doctor.

As with caffeine, regular daily use of over the counter medications can actually cause headaches.

If headaches occur for long periods, are unusually intense or do not respond to pain medication after several days you should seek treatment and diagnosis from a health care professional.

If you lead a healthy and active lifestyle has many health benefits, including a reduction of tension-type headaches. By combining a healthy lifestyle with avoidance of triggers may help you find relief from tension-type chronic headaches.

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