

## Natural and Otherwise Headache Cures

There seem to be many headache cures available for those that take the time to do the research. Many include various medications one can take. Additionally there are many non medicinal headache cures. One non medicinal cure that is mentioned often is to pinch the headache pressure point. This is the nerve cluster that is located in the webbing between the forefinger and thumb. It is recommended to pinch this pressure point until the ache ceases. In doing this you will have found headache relief though this simple form of a cure.

The Japanese often use a method called Shiatsu. This is done by using a knuckle or hard object such as a massage stone. This object is applied with a certain degree of force at the center of a persons hairline approximately two inches above the natural hairline.

The object is to apply pressure for six seconds with the hard object and then the pressure is to be applied every two inches behind that point until one has reached the base of the skull. Once you reach this point you may give a light massage because theoretically one can ease the blood pressure through the application of pressure along these points.

Yet another novel headache cure that does not involve any medication is a mental exercise. This involves trying to visualize where the pain is occurring and to visually observe the ache. Concentrating on the headache is one form of easing the blood pressure. This may work quite well and does not require any external stimulus to relieve the pain.

It is also well known that massage may help. There are also four other headache cures available that do not involve using medications but rather massage. These include eyes area massage, eyes to nose massage, neck massage and scalp massage. Each of these four methods of headache cure are natural. Upon trying these cures a person should take deep breaths and then lift their shoulders towards the ears for five to ten seconds to ease the pain and then drop them back to the normal position,

Making use of Cervical Curve Correction Device (CCCD) is an option for those wanting to try out other headache cures. This is a useful headache cure because it has been found that there are supposedly forty-five million Americans who have suffered headaches. Since these people have had the need to visit a doctor it has been learned that a major reason for having a headache is loss of normal neck curve.

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### About the Author

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