

# What's Triggering Your Headaches, Part II

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There are many different types and causes of headaches, but generally headaches are divided into three major categories: tension or muscle contraction headaches, vascular and headaches due to physical disease.

Muscle contraction or tension headaches are the most common and can occur at any age; muscle contraction headaches are the cause of 90% of all headaches. These headaches occur equally in men and women and may be precipitated by many factors including stress, demanding schedules, worry, anxiety, depression, emotional upset, anger, depression posture, food allergies, etc.

Vascular or blood vessel related headaches are the second and most frequent type of headache; vascular headaches can be further divided into migraine, cluster, hypertensive and toxic headaches.

Migraine headaches are divided into common and classic. Common migraine sufferers may experience severe, one-sided throbbing pain, commonly accompanied by nausea, vomiting, cold hands, tremor, dizziness, sensitivity to sound and light. The classic migraine sufferer experiences the same symptoms except the victim develops warning symptoms such as visual disturbances, numbness in arm or leg, smelling of strange odors and hallucinations.

Menstrual headaches occur shortly before, during or after menstruation or mid-cycle, at the time of ovulation. The headache usually is of the migraine type, but some women experience a mixed headache.

In cluster headaches the pain is severe and throbbing and present on one side of the head. The cluster headache sufferer may experience flushing of the face, tearing of the eyes and congestion of the nose. The headache commonly occurs one to three times per day, and lasts from a few minutes to several hours. The headache attacks occur for weeks or months and then disappear for up to a year. Ninety percent of cluster headache sufferers are male between 20-30 years of age.

Hypertensive headaches may occur whenever the blood pressure is too high and increased stress is placed on blood vessels in the head. The pain is usually dull, generalized affecting a large area of the head, and aggravated by head movement or exertion. The pain is most severe in the morning diminishing as day goes on.

An aneurysm in the head may also cause headaches. Early symptoms may mimic frequent migraine or cluster headaches. A weakness or bulge in a blood vessel of the head causes the aneurysm. It may rupture or allow blood to leak out slowly. A ruptured aneurysm causes a stroke resulting in a sudden, unbearable headache, double vision and rigid neck. The victim loses consciousness very rapidly.

Toxic headaches are caused by a wide variety of substances, including chemicals from food, alcohol or

environment. Allergies to various pollens, molds, foods, or other substances may trigger headaches. This is especially noticeable if the headache occurs seasonally or if there is a change in the weather or it occurs after eating an offending food.

Headaches due to physical diseases or conditions are the third most common type of headache. Some of the headaches in this category include sinus, trauma, hunger, glaucoma, temporomandibular joint (TMJ), Tic Douloureux, fever, arthritis, eyestrain, exertion, temporal arteritis and tumor.

Mixed headaches are characterized by a combination of two headache types: migraine and muscle contraction occurring at the same time. The victim suffers from both of the headaches and symptoms.

All of the above headaches will benefit from magnesium chloride and two capsules of LT (theanine).

## TREATMENT/PREVENTION

Know the cause of your headaches. You may have to consult several doctors (M.D., D.O., D.C., D.D.S., Ph.D.) to find the answer. Most headaches can be controlled with relaxation, biofeedback, hypnosis, meditation, diet, exercise, ice/heat compresses, supplements, pain therapy including massage therapy, neuromuscular therapy, manipulative therapy, psychotherapy and magnet therapy. Medication is not always the answer.

### Supplementation to control or reduce pain includes:

1. **DLPA (DL-Phenylalanine)\*** helps to reduce depression as well as pain. DLPA helps to extend relief when taken with anti-inflammatory meds such as aspirin or herbs such as boswella. Dosage range is 1500 twice daily.
2. **Pain Control\*\*** is a combination of B6, DLPA, GABA, boswella and ashwagandha. Recommended dose is two capsules twice daily.
3. **Anxiety Control** is a combination of GABA, glutamine, glycine, passion flower, primula officinalis, magnesium and B6. Recommended amount is two capsules three times per day.
4. **GABA 750** is an amino acid. GABA helps us to feel calm and in control. However, do not *overdo* GABA, and *only use pure pharmaceutical grade GABA. Always open the capsule and dissolve in water and use according to your body weight.* Never swallow a GABA capsule unopened. Some people are very sensitive to GABA and may only require a small amount.
5. **Magnesium Chloride** is an enteric-coated capsule that is the same form of magnesium present in the body. It is very well absorbed and

tolerated in the body. Usual dose range is four to six capsules per day in divided doses. If loose stools or diarrhea develops, back your dose down by one and/or try spacing out your magnesium further.

6. **B Complex** provides the body with a full complement of B vitamins. They help fight stress and provide the body with B6, a necessary cofactor to activate any amino acids.
7. **Esterified C** is a neutral pH C. It will not upset the gastrointestinal tract. Usual dosage is 2,000-5,000 milligrams per day in divided doses. If you have allergies consider increasing Ester C to 6,000-10,000 milligrams per day.
8. **Homeopathic headache OR spasm OR allergy tablets.** Choose the one that best describes your headaches and use one tablet every 5 to 15 minutes until you obtain relief – and then use one tablet four times daily.
9. **Euphorbium spray** is a homeopathic formula from Germany to help normalize the sinuses and nose. Use up to six times daily.
10. **Ice to the back of the neck, upper back and head** for 20 minutes on, 30 minutes off, 20 on, 30 off, etc. several times daily. Ice reduces the inflammation in the tissues and the pain. Sometimes when first applied it feels irritating, but stick with it a few minutes as the irritation will become relief.
11. **Magnets\*\*\***, especially the north pole, can be applied to trigger points to reduce pain. For more information about magnets, read *Health Educator Report 44, Stop Pain with Magnets.*

We can protect ourselves against them to some degree by fortifying the central nervous with Vitamin C and B Complex and providing the body with the proper nutrients. Magnesium is the stress mineral and most Americans only receive about 70% of the recommended daily requirement from their foods. Magnesium is the mineral that helps the body and muscles to relax. If it is deficient, they cannot relax.

Avoid exposure chemicals both environmental as well as foods. Eat organic foods whenever possible. Organic foods are not only higher in vitamins; they contain no pesticides, which can be a pain trigger in some people.

At the Pain & Stress Center in San Antonio a multi-disciplinary approach is taken involving all that has been previously mentioned. If needed, an intravenous injection of magnesium with B Complex and/or trigger point injections is used. A trigger point injection is usually an injection of a local anesthetic such as Xylocaine directly into the trigger point (knot) causing the muscle to go into spasm. Muscle spasms are extremely painful and may cause pain to be referred to another area. (For example, a trigger point in the upper back may cause pain in the neck or head.)

Remember, you need to know what is causing your headaches. Sometimes you may have to consult more than one physician or health care professional to find out why

you are having headaches – medication is not always the answer. Get together with a health care professional to plan your therapy and supplement program.

#### **Tension Headaches**

Symptoms include constant pain, varying in intensity, unilateral or bilateral headache, all over head, like a vise occurring any time of the day, soreness of muscles with trigger points in neck or upper back, lightheadedness, dizziness

Precipitated by emotional stress, anxiety, worry, depression, anger, food allergies, poor posture

Treat with ice to neck, upper back, massage, magnets to trigger points and manipulation

Supplements include Anxiety Control (4-6 capsules in divided doses), MagLink (4-6 capsules in divided doses to bowel tolerance), Pain Control (1-2 capsules every 6 hours for pain), Boswella (3-4 capsules daily for inflammation) and Mellow Mind \*\*\*\* (2-4 capsules daily) for stress relief.

Reduce stress, use biofeedback and relaxation techniques and exercise as a preventative.

#### **Common Migraine**

Symptoms include severe one-sided throbbing pain, nausea, vomiting, cold hands, dizziness, sensitivity to light and sound

Precipitated by certain foods (cheeses, red wine, bananas), stress, dread of having to do something

Treat with ice, O2 therapy, and magnets to head and neck  
Use biofeedback to help reduce stress

#### **Classic Migraine**

Symptoms are the same as common migraine, but the victim develops warning signals such as visual disturbances, numbness in arms and legs, strange smells or odors, hallucinations

Precipitation, treatment and preventative measures the same as common migraines

#### **Cluster Headaches**

Symptoms include severe, throbbing pain on one side of head, flushing of face, tearing of eyes, nasal congestion occurring 1 to 3 times daily lasting a few minutes to several hours for weeks to months

Stress, alcohol and excessive smoking precipitate cluster headaches

Amino acids containing Tyrosine\*\*\*\*\*, Anxiety Control, Mellow Mind and theanine are helpful with this headache type

Manage stress and eliminate or decrease smoking and alcohol consumption. Dr. Julian Whitaker, M.D. recommends beginning with two capsules of Sulfonil in the morning, followed by one capsule every 4-6 hours and two capsules at bedtime. Sulfonil blocks the nicotine receptor sites and decreases the desire to smoke. Read Dr. Billie J. Sahley's book *Control Alcoholism Naturally* for amino acid support to curb alcohol use.

### **Menstrual Headaches**

Migraine-type pain that occurs shortly before, during or after menstruation or mid-cycle, at time of ovulation generally point to this type of headache

The variation in estrogen levels precipitate menstrual headaches.

Treatment and prevention of menstrual headaches includes amino acids and supplements include 150 milligrams of timed-release B6 daily, Mag Link (4-6 capsules in divided doses daily to bowel tolerance), Boswella (3-4 capsules daily for inflammation and pain), Anxiety Control (4-6 capsules in divided doses daily), DLPA, 750 mg (two capsules twice daily), Mellow Mind (3-4 capsules in divided doses daily) and consider DHEA if aged 40 and older

### **Hypertension Headaches**

Symptoms include dull, generalized pain effected a large area of the head aggravated by movement or exertion

This headache type is brought on by severe hypertension. Start magnesium therapy as soon as possible.

Treatment and prevention include gaining control of high blood pressure with Mag Link (six capsules daily to bowel tolerance in divided doses), CoEnzyme Q10 (100-200 mg. daily in divided doses increases oxygen flow through the body, provides energy and protects the heart), Anxiety Control (6 capsules daily in divided doses), Arginine, Green Tea Extract, LT (theanine) and two capsules of Taurine, 1000 milligrams according to label instructions.

Reduce or avoid stimulants, caffeine, anger and emotional upsets

### **Aneurysm**

Early symptoms may mimic frequent migraines or cluster headaches. If balloon-like bulge in blood vessel weakens or leaks it may rupture causing sudden, unbearable headaches, double vision, rigid neck or unconsciousness causing a stroke.

Precipitating factors are family genetics and extreme hypertension.

Manage blood pressure under control and if aneurysm is found early have surgery to correct.

### **Allergy Headaches**

Nasal congestion, watery and itchy eyes and ears and stuffiness indicate allergy headaches

Precipitating factors include family genetics, exposure to pollens and chemicals

Increase Ester C (5,000-6000 milligrams daily in Divided doses), Fortified Flax (1 teaspoon three times daily), Green Tea Extract (one capsule twice daily), Euphorbium homeopathic nasal spray (4-6 times daily)

Decrease exposure to pollens, stay indoors, limit or avoid areas where chemicals are used

### **Sinus Headaches**

Gnawing, nagging pain over nasal/sinus areas, often increasing in severity as day goes on; often caused by blocked sinus ducts resulting in acute sinus infection. Fever and discolored mucus may be present, indicative

of infection.

Allergies, infection, nasal polyps and food allergies are aggravating agents.

Use moist heat to help sinuses drain. Elevate head to promote drainage of sinuses. A hot shower will help sinuses to drain. If discolored mucus is present see a doctor for antibiotics. Use a probiotic like acidophilus if your doctor prescribes an antibiotic.

As a preventative measure follow supplements suggestions under "Allergy Headaches" and keep sinuses draining.

### **Caffeine Headaches**

Throbbing pain caused by blood vessels that have dilated caused by caffeine dependence

Decrease caffeine consumption and taper off slowly. Take theanine and MagLink throughout tapering period.

### **Exertion Headaches**

Generalized headache during or after physical exertion such as running, sexual intercourse or passive exertion such as sneezing, coughing, etc.

Ninety percent of exertion headache symptoms are related to migraine or cluster headaches while 10% of symptoms are tumors or blood vessel malformation

Follow treatment suggestions for "Common Migraine Headaches"

### **Hunger Headaches**

Strikes just before mealtime due to low blood sugar, muscle tension and rebound dilation of blood vessels

Skipping meals or rigid diets precipitate hunger headaches Regular sensible eating habits will keep hunger headaches in check.

### **Temporomandibular Joint (TMJ) Headaches**

Temporal, above ear or facial pain; muscle contraction of one side of face; may have "clicking or popping" of jaw, neck or upper back, temple pain upon awakening Stress, malocclusion (poor bite), jaw clenching, gum chewing precipitate TMJ headaches

Reduce stress. Use relaxation and biofeedback techniques and ice affected areas. Take Anxiety Control, LT, magnesium chloride and taurine.

### **Tic Deloureaux Headaches**

Short, jabbing pains usually around mouth, jaw or forehead area; more commonly seen in women older than 55

Precipitating factors and prevention guidelines unknown Follow "Tension Headaches" supplementation guidelines (adding Taurine, 1000 mg twice daily) and obtain evaluation for microsurgery.

### **Fever Headaches**

Headaches develop with fever caused by inflammation of blood vessels of the head

Infections precipitate this type of headache, so reducing/preventing infections will keep them away.

Apply ice as needed.

### **Arthritis Headaches**

Pain at back of head or neck that worsens with movement; inflammation of joints or muscles  
Precipitating factors and prevention unknown  
The herb Boswellia helps with inflammation and three soft gels of Celadrin\*\*\*\*\* three times daily for pain relief.

### **Eyestrain Headaches**

Usually bilateral frontal pains  
Eye muscle imbalance, uncorrected vision, astigmatism  
Correct vision with glasses alleviates eyestrain headaches

### **Temporal Headaches**

Jabbing, burning, boring pain caused by inflammation of temporal arteries; pain in temple, around ear, on chewing, weight loss, problems with eyesight. Usually seen in people older than 50.  
Precipitating factors and prevention unknown

### **Tumor Headaches**

Headaches that become progressively worse, projectile vomiting, visual disturbances, speech or personality changes, problems with gait, equilibrium or coordination, seizures  
Precipitating factors and prevention are unknown  
Treatment includes supplementing with Ester C, Deluxe Scavengers, antioxidants, Green Tea and LT (theanine), surgery, radiation and/or visual correction.

\* **DLPA caution note** – do not use if you have PKU, use MAO inhibitors or tricyclic antidepressants or if you have a history of melanoma or high blood pressure. See Tyrosine note below for additional cautions.

\*\* **Pain Control caution note** – do not use with SSRI, MAOI or tricyclic antidepressants or if you have a history of melanoma.

\*\*\* **Magnet Use caution note** – do not use magnet therapy if you are pregnant, wear a pacemaker or any other electrical implant device for medical reasons of any kind;

additionally, magnets are not to be used with seizure disorders.

\*\*\*\* **Mellow Mind caution use** – do not use with SSRIs, MAOI, tricyclic antidepressants, or if pregnant or lactating.

\*\*\*\*\* **Tyrosine caution note** – Cancer patients should avoid taking L-Phenylalanine (LP) and Tyrosine (T). These amino acids fuel certain cancer growths such as melanoma. Tyrosine or phenylalanine supplementation may increase or normalize blood pressure. Insomnia from over stimulation may result if LP or T is taken too close to bedtime. Do not take with MAOI or tricyclic antidepressants.

\*\*\*\*\* **Celadrin caution note** – do not use if you are using anticoagulants such as Coumadin.

**Additional Caution for Pregnant or Lactating Women:** there is not enough data and research available for safety and efficacy of herbs during pregnancy or lactation. Consult your physician before using these products.

### **REFERENCES**

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