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Being in pain or having headaches continuously are not normal, seldom diseases, but often indicators. Your body is trying to tell you that you have a problem. Headaches are a symptom, the cause can be stress, allergy, deficiency, tiredness, so see a homeopath or naturopath. What you can do is to improve your eating, avoid smoking, cut back on alcohol, increase rest, drink enough water, but not too much. One to three litres a day, depending on your age, size and amount of exercise you do. Too much water or exercise can be as bad as too little. If you're suffering from headaches due to dehydration, it can be because you've lost essential minerals. Coconut oil from the Philippines can reduce headache effects, due to it being a natural supplier of ample selenium, boron and others. Other coconut oils are not as good. Some are bad. Toxic test them (See Human Health), and test everything else you eat or drink.

If you're suffering from headaches due to dehydration, because you've lost essential fluids. This may have happened due to excess physical activities when you lost too much fluid or perhaps you have a hangover.

Does your neck get slightly stiff or sore? Some headaches are caused by weak selenium deficient neck muscles. If so, you could need the Selenium and Vit E in a Good Health Premium Vision capsule, taken each evening, because it is relaxing, as is Thompson's Organic Magnesium. All three are deficient in NZ. You'll know within a week if they help.

Also, you should strengthen your muscles and lungs. Leg Lifting from an upright chair is a good exercise I developed, that damages nothing as done by running and some other exercises. Sit on a firm office or dining room type chair and lift your knees every second as high as you can for five minutes, or for as long as you can, which may be only two minutes until fitter. Twist your feet, ankles and toes at the same time. I do it 100 times a day while at the computer. It also exercises the lower back gently. Read Backs.

Migraine headaches can be helped with magnesium and iodine daily. They help increase blood flow to and within the brain, relieving headaches. Water melon does the same. There is a capsule for winter called MelonMax to which I'm allergic, so it could be made from Roundup sprayed water melons.

Also, you must learn what your body needs. I found that I need protein and fat with every meal. Doing so makes me feel better. You must also avoid stresses.

If you cook with Coconut oil, use the Organic Virgin Coconut oil from Philippines, not the Good Health one which contains mercury.

If your tongue is white from acid, add a quarter teaspoon of Edmonds Baking Soda to each glass of water, not Hansells, because it contains aluminium, despite saying it has none. Your tongue will change to the gentle red it should be, within a few days. If not, increase the Soda slightly.

Read the Epley chapter because some people have a crystal blockage in their ears. Test yourself by tilting your head right back, hold it there for about ten seconds. Have someone watch your eyes or use a mirror. If they move on their own, there is a problem. However, some have a problem and their eyes don't move.

Also - 1. Feel the hollow in your eye socket just under your eyebrow. You will discover a hollow in your skull about the centre top of the eye socket. In this is a nerve which is very sensitive to pressure. If you press it for about 10 seconds, it will be slightly painful, however, the pain will stimulate the pituitary gland to release endorphins, which is a group of hormones in the nervous system, which give physiological effects immediately. The endorphins are the body's own natural painkillers and are more powerful than morphine.

2. Lean your head forward and hit the back of it with a gentle tap. Repeat it and then stop to see if enough endorphin was released to stop the headache.

3. A similar method for releasing endorphins is to take a few teaspoons of cayenne pepper in water. This is not harmful. When the cayenne gets to the stomach lining, endorphins will be released by the brain to stop the pain. Some people are allergic to pepper, so will cough and splutter.

Roundup gives some farmers headaches. Does anyone near you use it before planting maize, sweetcorn or other crops or for killing weeds or drying crops before harvesting? Are you eating anything sprayed with it such as most wheat, grains, sugars, sweetcorn and many other crops. Some Water melons, Butternuts, etc., are sprayed before harvesting to dry the leaves, weeds and/or to desiccate the leaves for easier harvesting. Toxic Testing (See Human Health) can indicate to some people if a plant has been sprayed. Plants with thick skins like Water melons should have both the skin and the edible parts tested separately. If the skin only has

been sprayed, it means the spraying was done before harvesting, so the edible centre could be safe, but if the edible centre has Roundup, it means that the paddock was sprayed before planting, so the plant took it up, so should not be eaten.

A lack of oxygen can cause headaches. Don't drive your car for long periods with the air recirculating. If parked in the sun, set all the windows down a few cm. The bad air in cars from the heated upholstery, especially leather, can also cause breast cancer. I Googled for it and was amazed. So the most expensive cars (with leather) are the worst. A friend in Auckland worked from her car going to appointments and left her car on recirculating all the time, even when she drove all the way to Hamilton. I warned her. She ignored it and got breast cancer. Does your house and office have any fresh air coming in, or is it all recirculating. In China, those who had their house windows open got less cancer than those who closed them to keep the polluted air out, so got no oxygen.

A friend has damaged lungs from a chain smoker at home until leaving after 24 years, and avian lungs from keeping pigeons. She now has to sleep with a window open even in winter to stop becoming breathless.

Good luck and please let me know your results, to help others.