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## Why Not Take Pain Medication?

1. Masking symptoms which are a warning
2. Addiction (Especially – Opiates which don't just block pain but heighten pleasure)
3. Liver toxicity
4. Effects your pH
5. Side effects
6. Can make you feel lethargic and groggy
7. The disease process continues
8. Liver and tissue toxic

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## Headaches VS Migraines

Migraine headaches are neurological disorder due to brain chemistry imbalances

Dilated blood vessels releases a chemical which causes the blood vessel's lining to swell and contract putting pressure on nearby nerves

Other possible symptoms: Blurred vision, nausea, fatigue, dizziness, bright flashes, blind spots or wavy lines. Some people experience seeing an aura about 1 in 5

Migraines are usually caused by a toxic liver, pH imbalance, Misalignment of the vertebrae in the neck or a calcium deficiency

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## What Cause Headaches

1. Dehydration
2. Liver toxicity
3. Lack of Fatty acids
4. Calcium/Magnesium Deficiency &/or pH imbalance
5. High blood pressure and/or potassium deficiency
6. Misalignment
7. Glandular/Hormonal Imbalances
8. Stress
9. Pituitary
10. Injury
11. Allergies
12. Brain Tumor, Aneurisms, Encephalitis

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## 1. Dehydration

### Adequate Amount of Water

1 litre = 33.814 ounces

### ½ of Body Weight in Ounces

Reverse Osmosis – R.O. Water

If you weigh 200 pounds you drink 100 ounces of water

Can add lemon

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## 2. Liver toxicity

Accompanying symptoms:

- The liver filters out mutated hormones.
- Sensitivity to chemicals and food allergies
- Digestive Problems
- Blood Sugar Imbalances
- Waking up at night
- Acne, age spots, moles, skin tags
- Normal bowel movements
- Cholesterol imbalance
- High Triglycerides
- Tight Trapezioid muscle



### Suggestions:

Liver Cleanse <http://www.marysherbs.com/Miscellaneous/DosageLiver.shtml>.

If the weakness seems profound I suggest doing a castor oil pack <http://www.marysherbs.com/Miscellaneous/castor.shtml>

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## 3. Lack of Fatty acids

### Accompanying Symptoms:

- Forgetfulness
- Depression
- Dizziness when changing positions

### Causes:

- Statin drugs
- Diet
- Poor liver function
- Lack of gallbladder
- Unhealthy gut



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## 4. Calcium Deficiency and/or pH imbalance

Calcium helps keep the muscles strong which in turn helps keep the bones in line.

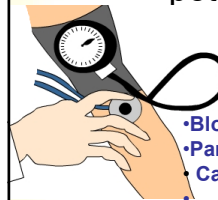
If you get a headache around your menses, Chances are it is a calcium deficiency.

Calcium also helps alkalize and is a natural pain killer.



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## 5. High blood pressure and/or potassium deficiency



- Blood Pressure
- Parsley
- Capsicum and garlic with parsley combo

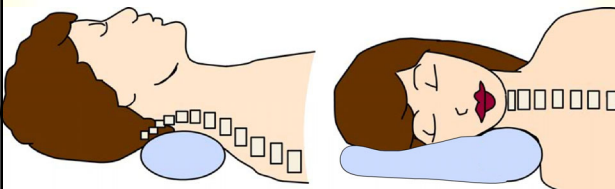
- Cut down on Salts
- Add potassium
- Soothe Adrenal glands if blood pressure is higher while laying down



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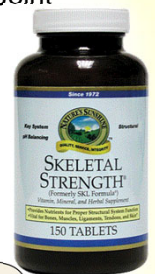
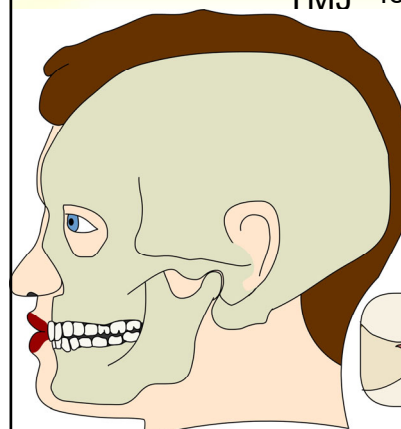
## 6. Misalignment

Using the proper type pillow is especially important because the muscles relax making the spine vulnerable to misalignment.



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## TMJ Temporomandibular Joint



### Misalignment

High Heels like a wedge make it necessary for the rest of the body to compensate, fight against gravity to stay upright.

Being at the opposite end, the neck takes the brunt of the adjusting.

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### 7. Glandular/Hormonal Imbalances

- Pituitary
- Pineal
- Thyroid
- Parathyroid
- Thymus
- Pancreas
- Adrenals
- Ovaries

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### 8. Stress

- Muscles tighten
- Blood pressure goes up
- B complex Deficiency

Did you ever have  
of those days...  
... when it just isn't  
worth Gnawing off the  
restraints?

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### 9. Pituitary

- Headache
- Peripheral vision loss
- Missing or scanty menstrual periods
- Body hair loss
- Increased frequency and amount of urination
- Unexplained weight loss or gain

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### 10. Injury Concussion

Aspartame and MSG

Taken with a Protein

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### 11. Allergies and Sinus

- Cut out Milk
- Cut out Sugar
- Correct pH

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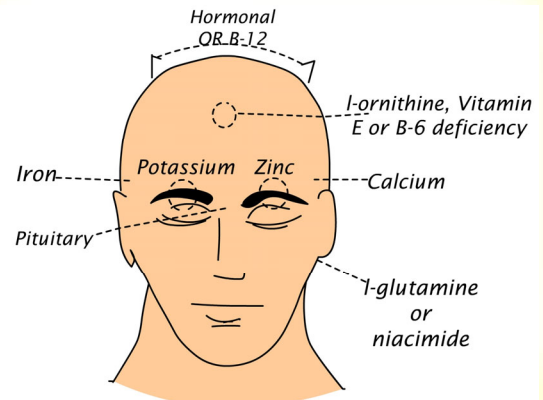
## 12. Brain Tumor, Aneurisms, Encephalitis

### Time for a Doctor

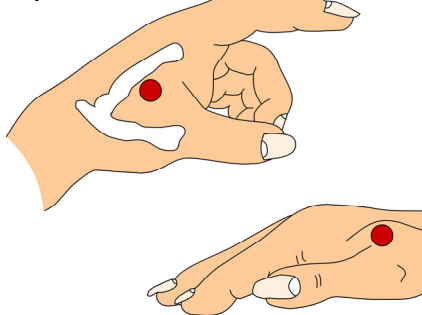
- Lacking Copper Symptoms
- Premature Graying of the Hair



## Place Indicates Cause of Headaches



## Acupressure Point for Headaches



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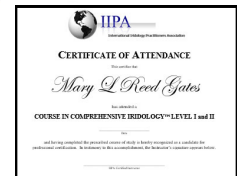
## Questions



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## Questions



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