

## 49 Headache and Migraine Juicing Solutions: Stop Migraines and Headaches in a Matter of Days Without Pills or Medical Treatments (Paperback)



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*(Mrs. Felicia Windler)*

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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.49 Headache and Migraine Juicing Solutions: Stop Migraines and Headaches in a Matter of Days without Pills or Medical Treatments By Joe Correa CSN Headaches are a common problem people experience all the time during their life. Usually, they appear and disappear spontaneously not causing any serious problems or damage. In these cases, headaches are related to stress, problems with blood vessels, nervous system, physical inactivity, or problems with the muscles of the neck or eyes. Knowing the difference between a headache and a migraine is extremely important because it can mean a better treatment method and prevent future pain from occurring in the first place. Unlike traditional, low-intensity headaches that come and go without any pattern, migraines are more painful and is often a more severe type of headache. It s followed by some standard symptoms that include nausea, vomiting, sensitivity to light behind one eye or ear, and even temporary vision loss. In some cases, people experience such severe headaches that they are hospitalized. Some people tend to develop migraine patterns that appear a couple of days before a headache occurs. This phenomenon is known as the prodrome phase and includes irritability, different food cravings, yawning, depression, neck stiffness, and constipation. Combined with severe migraine headaches, these symptoms affect quality of life and should be treated. Seeking professional medical care is a priority when dealing with headaches and/or migraines. Your physician will determine the definite cause of your problems and prescribe the correct treatment. There are, however, certain things you can do for yourself to prevent the pain. Some foods like fresh fruits and vegetables, leafy greens, rice and whole grains have proven to prevent or at least ease...



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