



Headache Relief

Tension Headaches

This is such a common problem for so many people! Stress and tension take their toll on the cervical muscles, frequently leading to muscle irritation and inflammation. This in turn can produce "trigger" or "tender" points which can cause tension headaches and migraines if they are not managed appropriately.

Stress reduction is paramount in management of this common problem - learning self relaxation / self hypnosis is a wonderful way to relieve stress and muscle tension.

Daily work habit "hygiene" is also problematic - avoid propping the phone with your neck bent to hold the phone, set the computer monitor at or just below eye level, do not carrying a heavy purse on one shoulder, etc.

Sleeping position is also frequently overlooked as a cause - too fat a pillow, or just the wrong position (on your stomach) causes muscle stress and starts the cycle.

Temporal Mandibular Joint (TMJ) dysfunction is also a frequent culprit - something to have your doctor or dentist check you for if you have chronic or recurrent tension headaches or ear and jaw pain.

Arthritis medications (NSAIDs) may help, but can have terrible side effects. Use of natural anti-inflammatory supplements may be helpful - check out this article: [Natural Arthritis Help](#)

Physical therapy can be helpful, but can be very costly. **We have a wonderful home use cervical traction device that you may find to be as beneficial as I have in my personal life!** It is manufactured by *PRONEX* and *is covered by many medical insurance plans with a doctor's prescription!* **I use mine regularly to prevent the muscle tension / inflammation cycle from taking root and becoming problematic!**

[Click here to see this beneficial therapeutic device!!](#)