

## [Causes And Remedy Of Frequent Headaches](#)

Headaches are one of the most common reasons people seek medical help. Headaches are a common cause of suffering, but all headaches are not created equal. For example, a migraine is a splitting headache that just seems to set in apparently caused by no reason at all. If you have a stable pattern of recurring headaches accompanied by nausea at least some of the time, you probably have migraine.

The symptoms accompany the headache including nausea, vomiting, or the feeling that light bothers the eyes (photophobia) or sound bothers the ears (phonophobia). Some people seem prone to migraine headaches, others get tension headaches, sinus headaches or cluster headaches. Once the pain of headache sets in, it is sheer agony. Headaches are diagnosed based on symptoms. No procedure can determine the diagnosis.

If you're not sure what triggers your headaches, you may want to start keeping a record. People who get headaches are thought to have an inherited abnormality in the regulation of blood vessels. Triggers can be divided into different groups, including emotional triggers, stress, environmental, chemical, food and beverage.

Though it has been seen that some headaches does run in families, it's not necessary that children of headache patients will also have it. Insufficient sleep, anxiety, problems, and worries give rise to the tension headache. Headaches can also be triggered by allergies and stress. Although many sufferers have a family history of headaches, the exact hereditary nature of this condition is not known. Stress, insomnia, over sleeping, and hunger may also trigger some form of headaches such as migraine.

You may have some triggers that start your headache attack at one time, and then these triggers can change. Cheese (pizza) is also a triggering factor in some people, while in others it only aggravates an already existing condition. You may find it hard to avoid them, but for some people, environmental changes can trigger a migraine. Some even go to say that a migraine maybe triggered by the end of a stressful situation.

Herbs such as Ginkgo and Feverfew assists in lowering the intensity of the pain. If the pain is severe, which it frequently is during a full-blown migraine attack, then you may need medication. Being aware of what brings on your headaches is key to finding drug free relief. Migraine may be, relieved by identifying and avoiding problem foods. Some sufferers respond to salt, lactose in milk and ice cream, cigarette smoke, birth control pills, caffeine and tryptophan, an amino acid found in protein-rich foods. Find out if you have any allergies. Allergies can cause headaches.

Virtually all headache therapies are designed to eliminate, or at least mitigate, pain. Individuals who experience several moderate or severe migraine headaches per month or whose headaches do not respond readily to medications should avoid triggers and consider modifications of their lifestyle. Some people find that by falling asleep, they can actually eliminate the attack. Sometimes a separate visit to your medical practitioner to discuss your headaches specifically may be necessary.

There are a number of alternative headache treatments such as using aromatherapy, acupuncture, biofeedback, homeopathy and herbal remedy such as feverfew. Tension headaches may be helped by taking a 5-HTP supplement, or peppermint oil. Individuals with occasional mild migraine headaches that do not interfere with daily activities usually medicate themselves with over-the-counter (OTC, non-prescription) pain relievers (analgesics). There are several natural solutions that can help you fight headaches, but the first thing you need to do is work out what sort of headaches you are actually suffering from.

Crucial to the appropriate treatment of headache is the proper diagnosis of its type, and migraine headache is a particularly common form of recurring headache. There are many factors that contribute to the onset of headache pain and even migraines. Be careful not to overuse any headache medication; they are good friends when you need them, but poor masters! Try putting a cold damp cloth on your forehead or temple (on the side that is painful), or use a frozen bag of peas wrapped in a small towel, as cold compresses can sometimes help with the pain.

Many researchers believe that migraine and tension headache are close relatives, which explains why many headache patients can experience both kinds of headaches, and why similar treatments can help both migraine and tension headache. Tension headaches often start in the middle of the day. Tension headaches may be mild or severe. Some people report that their tension headaches are worse than a migraine headache.

### About the Author

Cindy Heller is a professional writer. To learn more about [migraine headache symptom](#) and [tension headache symptom](#), visit [frequent headache](#).