

# 101 Power Tips To Prevent Headaches

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Are you fed up with your frequent headache pain? 101 Simple Ways to Attack Your Headache BEFORE the Pain Starts! Guaranteed! No Pain, No Fear, Full Control = Normal Life Again! The pain can be AGONIZING! Headaches can stop you from doing all the things you love. Seeing friends, playing with the kids... even trying to watch your favorite television shows. And just think of how unwelcome headaches are while trying to work. 95 of women and 90 of men suffer from headache pain... And we spend over \$4 billion a year on over-the-counter drugs for headache relief. But headache prevention can cost you nothing... The pain can be stopped. You can take control of agonizing headache pain today with my... 101 Power Tips on How to Prevent Headaches! Greetings Friend, If you are suffering from headaches, you can make the pain STOP just by following some basic but little known principles. You do not have to fall victim to headache pain. Headaches come in many different forms. But they are largely preventable. Your jaw will drop when you see how many different factors we can pin on causing headaches. You just dont realize all of the potential pain causing activities, substances, pollutants, and the like that can help to cause you undeniable pain. Your last headache probably was recent enough to make you want to read this letter. The pain was most likely so irritating that you just wanted to SCREAM at the top of your lungs: Pain, Pain, GO AWAY! Come again another day! I know the feeling! But you dont have to settle for the pain coming back another day! You can likely take steps today to prevent headaches from ever occurring. Its absolutely true. Did you know that you could be unknowingly causing your own headache? Its possible. The causes of headaches are INNUMERABLE! Ive tracked down 101 Power Tips to help you get through each day without a headache. 101 Power Tips on How to Prevent Headaches, is a thoroughly researched guide. If you are experiencing headache pain, chances are Ive put a finger on the cause in my new report. All you have to do is spend 15 minutes browsing through the 61 pages Ive put together for you, you WILL find dozens of tips to gain control in the battle of preventing headache pain. Here is just SOME of the information you will find inside: Understand that headaches are largely PREVENTABLE. (Page 2) Discover a super vegetable that can possibly save you from headache pain. (Page 9) Understand how to use meditation to de-stress yourself. (Pages 32-36) Understand the effect of alcohol

on your headaches. (Page 37) Understand how to protect yourself from headaches while spending time in the sun. (Page 10) Discover that certain colors can actually cause you to have headaches. (Page 38) Discover the three types of headache pain. (Page 2) Learn exactly what migraines are and why they hurt. (Page 3) Learn 4 different criteria for choosing your next pair of sunglasses. (Page 10 and 11) Understand what reading in a car is doing to cause you pain. (Page 8) Learn how to create your own soothing face pack to release tension. (Page 32) Learn 7 tips for dealing with hangover headaches. (Page 37) Find out what air-pollutants to stay away from -they may already be causing your headaches. (Page 19) Understand what proper ventilation can do to help your headaches. (Page 42) Discover that your pillow may be causing you undue pain. (Page 17) Understand that your posture may be causing you headaches and how to change that. (Page 39) Learn 4 factors to consider while watching television in order to reduce headaches. (Page 13) Learn which breathing exercise can help to reduce your headaches. (Pages 14-16) Discover what the effects of hair gel may be having on your headache pain. (Page 41) Find out if you should stay away from aerosol. (Page 43) Learn to avoid shaking your head - and what it means if you experience pain when doing so. (Page 41) Your Excruciating Headache Pain is Sucking The Life Out Of You! Listen, headaches come in many different forms. But they are largely preventable. Your jaw will drop when you see how many different factors we can pin on causing headaches. Do you realize all of the potential pain-causing activities, substances, pollutants, and the like that can cause your headache pain? Do you know that you could be unknowingly causing your own headache? Its possible...the causes of headaches are innumerable: Discover that certain colors can actually cause you to have headaches. (Page 38) Understand why rain, especially the first rain of the season, can cause you a lot of headache pain. (Page 18) Realize that your computer screen could be giving you headaches and what to do about it. (Page 9) Discover that your pillow may be causing you undue pain. (Page 17) Find out what air-pollutants to stay away from they may already be causing your headaches. (Page 19) Understand that your posture may be causing you headaches and how to change that. (Page 39) Learn the truth about hair dryers and why you should be cautious with them if you have frequent headaches. (Page 17 and 18) Discover why hot water is not the best for your head and what you should do about it. (Page 24) Discover which ingredients in food and beverages can cause you headache pain. (Page 44) Learn which styles of dress may be causing you headache pain. (Page 47) Im so relieved not to have headaches now. Its had such a big affect across my life. Thank you so much. - SP (USA) If

you suffer from tension, sinus, or migraine headaches, then know this... You Do Not Have To Suffer From Your All Consuming Headache Pain Anymore! Get well armed with power knowledge that helped thousands upon thousands to continue live normal lives, without pain, without fear and without taking pain-killers. Learn to cool your head correctly - the wrong way can cause you more pain! (Page 42) Learn the best way to relax your eyes. Hint: Your eyes should not be closed. (Page 13) Learn the proper way to massage your eyes and relieve tension. (Page 12) Learn three techniques that can help you relax and ease your tension. (Page 20) Learn the 2 different types of migraine headaches and how they can effect you. (Page 4) Understand the importance of sleep on your headache pain. (Page 20) Understand what massages and touch therapy can do for your headache pain. (Page 21 and 22) Learn the 13 steps to a powerful exercise that will help relieve tension in your neck and head. (Pages 54-56) Understand how organic foods can help you steer clear of unwanted pesticides and hormones. (Page 60) Learn 2 effective ways for clearing your sinuses and relieving your pain. (Page 26) Understand the affect that cigarettes and coffee may be having on your headache pain. (Pages 27-29) Learn 5 different factors that need adjusting while reading to avoid headaches. (Page 6) Understand the relationship between water and your headache pain. (Pages 29 and 30) Understand that unknown allergies may be causing you headache pain. (Page 17) Girls - understand that the way you do your hair may be causing you unnecessary headache pain. (Page 19) Learn a great way to exercise your eyes and relieve tension. (Page 31) Learn an effective way to rinse your sinus pain away. (Page 43) Understand that some headache pain is actually heredity and how to cope with it. (Page 4) Realize the effects of jetlag on your headaches. (Page 48) Discover another great tension reliever for your eyes that will leave you feeling very refreshed. (Page 30) Discover tension headaches - any why they are so common yet preventable. (Page 5) Learn to use Accupressure to treat and rid yourself of sinus pain. My 17 step plan will show you how. (Pages 48-50) Learn 4 of the most common triggers for migraine headaches and how to avoid them. (Page 4) Understand the effects of exercise and how you can use it to stop your headache pain. (Pages 50-54) Discover that the position you read in may be causing you headache pain. (Page 6) Realize that too much sleep may be the cause of your headaches. (Page 21) Understand why pills may not be helping you at all -and when you should stay away from them. (Page 21) Discover that much of your headache pain may be due to your failing eyesight and what you should do about it. (Page 7) Understand sinus pain, its causes, and the headaches it can cause. (Page 5) Learn how to use your time in the shower to

relax tension with a simple exercise. (Page 57) And theres MUCH more - guaranteed!

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