

# Natural Help 4...

# Tension Headaches



## What are Tension Headaches?

Tension headaches are the **most common type of headaches**, accounting for approximately 90 percent of all headaches experienced. The pain experienced is often general and bilateral, meaning that the pain occurs on both sides of the head, and in some cases the pain causes mild pain at the back of the neck and at the base of the skull.

The pain of tension headaches is usually mild to moderate, and often described as having a band squeezing the head, however, in some cases; **tension headaches can be quite severe** and may begin to interfere with daily activities. Other symptoms may include fatigue, insomnia, irritability and muscle weakness or pain especially in the scalp, neck and shoulders.

Tension headaches differ between people and while they usually last between 4-6 hours, they can last anywhere between 15min to a week. They can also be classified as episodic or chronic. Episodic headaches are diagnosed when the individual **experiences fewer than 15 headaches in a month**, while chronic tension headaches will be diagnosed when the individual experiences more than 15 headaches in one month.

## What Causes Tension Headaches?

Despite tension headaches being so common, the **underlying cause is still not fully understood**. It was previously thought that tension headaches were caused by muscle tension around the head and neck. However, while muscle tension can cause a headache, it has subsequently been found that many tension headache sufferers do not have more muscle tension than other people.

Current research suggests that tension headaches are more likely to be associated with a **change in brain chemicals such as serotonin and endorphins**, as well as the pain pathway within the brain. The types of brain chemical changes in tension headaches also seem to be similar to those experienced in migraines and researchers are now agreeing that the two may be related.

**While underlying causes may still be a bit vague, there are a number of factors which may trigger a tension headache which include:**

- Stress
- Depression or anxiety
- Sleep deprivation or changes in sleep routine
- Fatigue



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Uncomfortable position and/or bad posture
- Hunger or irregular eating pattern
- Eyestrain
- Caffeine withdrawal
- Hormonal changes
- Use of certain medications
- Over-use of pain relief medications (often used to treat headaches) known as a rebound headache

## Diagnosing Tension Headaches

Your doctor will base the diagnosis on a physical examination as well as your medical, family and headache history. It often helps if you can **keep a headache journal** in which you record the frequency of the headaches, the severity, location and type of pain experienced.

This information will greatly help you doctor in making an accurate diagnosis. If the **headaches are severe or unusual** in some way, you physician may recommend a number of other tests such as a CT scan, MRI scan or spinal tap.

## Help for Tension Headaches

The most common [treatment of tension headaches](#) is over-the-counter medication. These include **pain-relief medications such as aspirins**, ibuprofen and acetaminophen. While these medications can provide fast relief, it's important to remember that many of them do have side effects, and over-use can lead to rebound headaches.

## Natural Remedies

Because of the rebound effects of many over-the-counter drugs, many people are now turning to natural homeopathic and herbal remedies to resolve common tension headaches. A number of ingredients have been found to greatly **alleviate the pain of tension headaches** while successfully managing the underlying triggers.

Homeopathic ingredients such as China are excellent at calming headaches. In addition the ingredients Kali phos and Chamomilla **help soothe the nervous system and ease headaches** caused by physical and mental exhaustion. Mag phos is another useful ingredient which can be used to sooth the nerves and treat muscle tension which is a common cause of migraines.

## Tips for preventing and treating tension headaches

- Adopt a healthy life-style which includes a healthy and balanced diet as well as regular physical activity. Regular exercise can help to reduce the frequency of headaches and may even help to relieve the pain of current headaches.
- Make sure you are getting sufficient sleep ad try stick to a regular sleep routine.
- Keep a headache journal and in it record the frequency of the headaches as well as the location, severity and type of pain experienced. This can be a

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. At the bottom, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family" and includes a red button with the text "CLICK HERE".

### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

useful diagnostic tool for your doctor and it may also help you to identify possible triggers of your headaches.

- Learn to relax. Practice relaxation techniques and deep breathing to help you manage stress and tension.
- Avoid tobacco smoke and limit your caffeine intake whenever possible
- Make sure you adopt a good posture and be aware of putting your body in uncomfortable positions. Work chairs and desks may need to be adapted accordingly.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

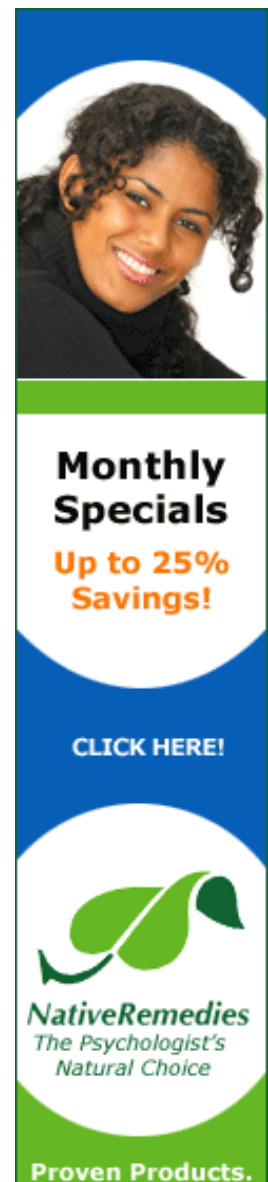
Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Headache Soothe:** Homeopathic remedy temporarily relieves acute symptoms of headaches

Headache Soothe a safe, non-addictive, FDA registered natural remedy containing *100% homeopathic ingredients* selected to temporarily **relieve the acute symptoms of headaches.**



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**Native Remedies**  
The Psychologist's  
Natural Choice  
Proven Products.

Headache Soothe can be used to safely reduce the heaviness and common pounding sensation associated with **headaches due to stress, tension and fatigue**, without harmful side effects. This remedy contains a selection of homeopathic ingredients known to **address discomfort in the head, neck and shoulders**.

Headache Soothe is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Headache Soothe](#)

**PureCalm:** Works quickly to facilitate a calmed mood and soothed nerves

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about PureCalm](#)

**Nerve Tonic:** Homeopathic remedy temporarily relieves the effects of stress, worry and nervous tension, plus supports nervous system health

**Triple Complex Nerve Tonic** is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve the effects of stress, worry and nervous tension**.

Triple Complex Nerve Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs **frazzled nerves and imbalanced moods** for effective, temporary help.

Triple Complex Nerve Tonic is taken internally to help **reduce the symptoms of everyday stress, worries and tension** as well as to assist with any nervous

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

- 1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.
- 2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.
- 3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained

system functioning and brain efficiency. Presented in small tablet form, Triple Complex Nerve Tonic is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formula, Triple Complex Nerve Tonic is *safe for all ages, as well as during pregnancy and nursing*.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Nerve Tonic](#)

Read the testimonials for these quality products [here!](#)

consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



[\*\*Read more about the Native Remedies Full Spectrum Approach™\*\*](#)

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## Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.