

# private label right report #1

## *Here's What You Get:*

### **101 Tips For Preventing and Treating Headaches**

This report is **53 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

You can view the TOC and read an excerpt on the next slides.

The report comes with the following:

- Word Doc (For Easy Editing)
- Finished Product in PDF Format
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**HEADACHES & MIGRAINES PROFIT PACK**

## **FACT: Headaches Affect Nearly 90% of Men and 95% of Women**

All kinds of pains are bad. But there is nothing as mentally exhausting as a headache. It affects our well-being, our productivity and even our social existence. After a headache we feel mentally drained and physically exhausted. But then we come to the interesting question, should a bad headache keep a good man down? To find a solution to this question, it is important that we understand more about headaches.

Headaches are of different types. They can be identified as headaches due to migraine, sinus and tension. Now these headaches are very different but they do affect the same part that is the head in general. So if we understand more about them we can reach an interesting conclusion.

And you know what that is? Headaches are largely preventable. Of course there are a lot of cures available over the counter now but do we really have to wait for the headache to start to resort to treatment? Isn't prevention better than cure? Isn't it better to be proactive than reactive?

I have included 101 tips on how to prevent headaches below. But before we go to the tips, it might be useful to have at least a superficial understanding of the different types of headaches.

### **Migraines**

A migraine is a splitting headache that just seems to set in apparently due to no reason at all. The reasons for a migraine are mainly vascular. That means that certain changes in the blood vessels that supply blood to the brain trigger of the pain. Of course, the causes for the changes in the blood vessels may vary from person to person but this is generally how it starts.



## private label right report #2

### *Here's What You Get:*

#### How To Prevent and Treat Headaches

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**HOW TO PREVENT AND  
TREAT HEADACHES**  
**A Guide To Getting Your Life Back**

**HEADACHES & MIGRAINES PROFIT PACK**

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# **HOW TO PREVENT AND TREAT HEADACHES**

## **Introduction - What is a Headache?**

Everyone knows what a headache *feels* like. The pain can take many forms. For example, your head being trapped in vise; an angry blacksmith hammering on the inside of your skull; or maybe you just feel like your head is about to explode from the pressure building inside of it. You hold your head, search for a dark room, and wonder: *why* does my head hurt like this?

Although it often feels like your brain is swelling or your skull is pounding, the brain and the skull are actually incapable of feeling pain. So, what part of your head is it that's hurting? There are three different possible culprits for the source of headache pain: the delicate tracery of nerves that covers your scalp; nerves in the face, mouth and throat; and the muscles and blood vessels that cradle and nourish the brain. Once nerve endings in any of these areas are triggered, they send out a pain signal to the brain, and you end up with a headache.

Have you ever wondered what causes a headache? Is it possible to avoid them, or at least reduce their frequency? There are actually several different types of headaches, and each type has its own list of possible causes and treatments. In this book, we will look at the different kinds of headaches and at specialized treatment options available to help make the pain go away. Finally, we will also look at simple lifestyle changes that can keep headaches from starting in the first place.

Nobody deserves to be in pain all the time. Headaches may be among the most common of human afflictions, but they can also be one of the most crippling. For example, the World Health Organization ranked migraines as the 19<sup>th</sup> most common cause of disability. People who have frequent, severe headaches often find their pain interferes with both work and play.

Even if you just suffer from headaches occasionally, this book will teach you different ways of getting relief when you need it most. However, if you have a problem with frequent headaches, the information in these pages could help you get your life back again!

## **Types of Headaches**



## private label right report #3

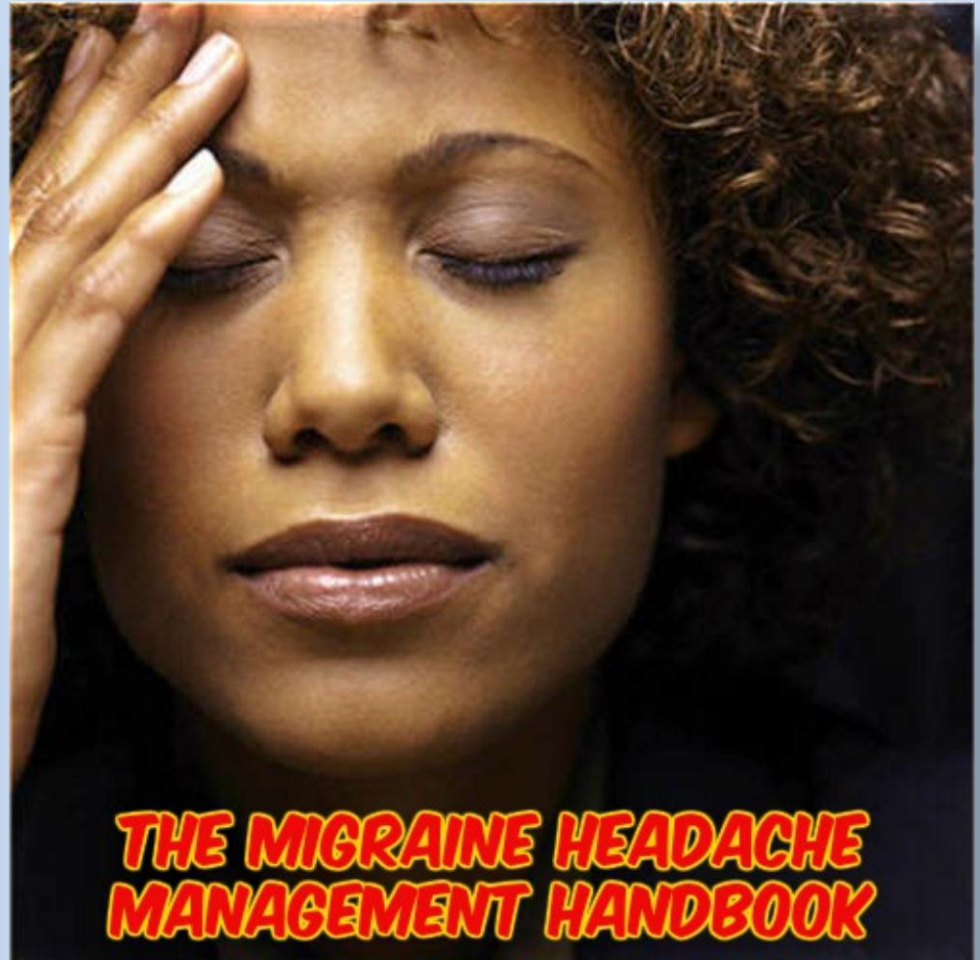
### *Here's What You Get:*

#### **The Migraine Headache Management Handbook**

This report is **27 pages, single spaced**.  
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**HEADACHES & MIGRAINES PROFIT PACK**

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Other Resources About Migraine Headaches



# **THE MIGRAINE HEADACHE MANAGEMENT HANDBOOK**

## **What are Migraine Headaches?**

Imagine being in so much pain that you feel like your head could explode. Now imagine having this pain for hours and even days, accompanied by nausea, dizziness, fainting, and maybe even seizures. To some this is unimaginable but to others this is just life with Migraine Headaches. If you are feeling these affects you may be asking yourself what exactly is a Migraine Headache? Most of all you are probably wondering how you can get rid of them.

Migraine headaches are most commonly thought of as bad headaches, but they are much more than this. A migraine headache is actually a neurological condition that includes many different symptoms, headaches being just one of these. Other symptoms include; nausea, dizziness, fainting, seizures, photophobia, hyperacusis, and many more. For instance photophobia and hyperacusis are symptoms that will make functioning with a migraine headache difficult because they involve problems affecting a persons senses.

There are five different phases of a migraine headache which are prodrome, aura, headache, termination, and postdrome. Some people will experience all of these phases, making it very difficult to live their lives. Others will only experience a few of these phases and many times this will not interfere too greatly in their life. The number and kind of phase a person goes though will greatly effect the severity and treatment of their migraine headache and identifying the phase they are going through is very important. This can even mean the difference between having the ability to function normally in life and having debilitating migraine headaches.

The severity of migraine headaches can be vastly different depending on the person. It can range from just an irritation to extremely dangerous. In some cases this can even become life threatening. This is why preventing and caring for migraine headaches is so important. Migraine headaches can last anywhere from a few short hours and as long as three days. The symptoms and length of the migraines will vary by person and can affect people of all ages. A especially alarming migraine headache fact is that migraine headaches can occur from infancy. In infants the identifiable symptoms are typically vomiting and head tilting. This condition does not discriminate, at each stage in life there may be different symptoms, triggers, and signs of migraine headaches.



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### *Here's What You Get:*

#### Migraine Relief Proven Remedies

This report is **7 pages, single spaced**.  
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# MIGRAINE RELIEF

## PROVEN REMEDIES FOR ELIMINATING MIGRAINES

**HEADACHES & MIGRAINES PROFIT PACK**

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# ***MIGRAINE HEADACHE RELIEF***

## ***PROVEN REMEDIES FOR ELIMINATING MIGRAINES***

### **Introduction to Migraines**

Anyone who suffers from migraines can attest that migraine pain is some of the worst pain you will ever feel. Not only is it excruciating, sometimes it feels like it will never stop!

Three out of four migraine sufferers are women. Although some men do experience them, women are much more likely to get them. This has led some researchers to believe they could be tied to hormonal changes or the menstrual cycle, but it's not understood why some women get them and others do not.

Symptoms of migraines include:

- Unilateral headache (affecting only one side of the head)
- Pulsating or throbbing pain
- Nausea
- Sensitivity to light (photophobia)
- Sensitivity to sound (phonophobia)

Migraines typically last anywhere from 4 to 72 hours, but may occasionally last longer or shorter periods of time. Almost any kind of activity will make migraines worse, so many sufferers are truly debilitated by the condition, unable to perform daily activities normally until the migraine is over.

About a third of people who suffer from migraines experience signs that they will soon have a migraine, allowing them to predict when they will occur. This can be helpful, because they can begin treatment before the migraine begins, which could make treatment more effective.

The signals differ among individuals, and can range from strange visual, olfactory, or other sensory experiences. This is known as an "aura". If you experience any type of aura, you can expect that a migraine may soon follow.

### **Causes of Migraines**

## private label right report #5

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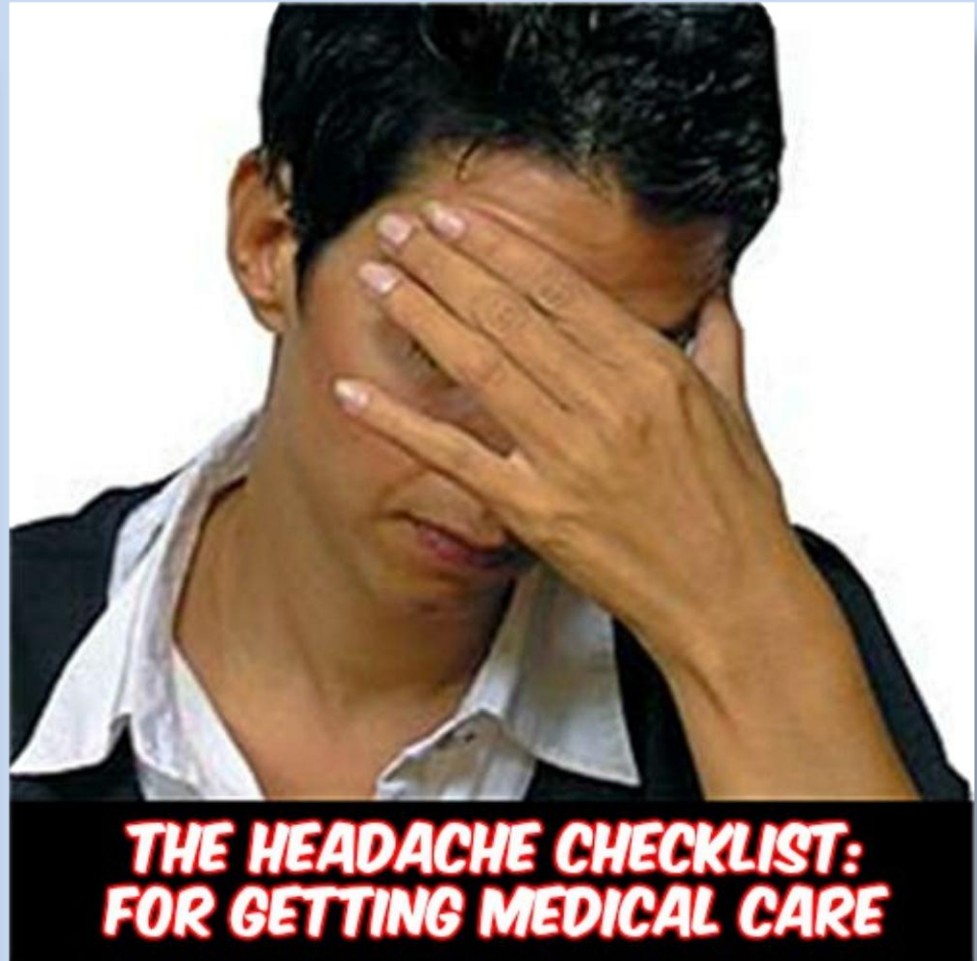
#### **The Headache Checklist: For Getting Medical Care**

This report is **6 pages, single spaced**.  
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You can read an excerpt on the next slide.

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**HEADACHES & MIGRAINES PROFIT PACK**



## **THE HEADACHE CHECKLIST FOR GETTING MEDICAL CARE**

Millions of people have headaches. And, there isn't just a single type of headache. There are at least half a dozen types of headaches. If you don't know what is causing your headaches, then the odds are poor you will find the right treatment for your head pain.

Do you know what is causing your headaches? According to the Centers for Disease Control, up to 80% or more of people that have chronic headaches have some type of TMJ or jaw disorder. In fact, sometimes jaw pain or headaches are often the only symptoms of this mysterious illness.

Do you have TMJ? Find out using the checklist provided below.

TMJ is a leading cause of head pain including migraines, headaches, earaches and neck problems. If you do have TMJ, there is help for you.

- Do you feel your jaws are out of alignment?
- Have you been diagnosed with an overbite, which is a leading sign of a jaw problem?
- Did you have orthodontia as a child?
- Do you experience headaches frequently?
- Do you grind your teeth during the day or night?
- Do you have problems chewing?
- Do you find you sometimes bite your cheeks?

Some of these symptoms may suggest your jaw is not aligned properly, and this can cause head pain that is chronic and debilitating if not diagnosed properly.

Many people are treated for problems including an overbite when they are young; however, this does not mean you will not develop jaw problems including TMJ later in life. In fact, it is very likely you will discover you have some form of jaw dysfunction as you age.

Be sure you visit your DENTIST as well as your medical or natural health doctor when trying to diagnose and treat your headaches. Often, people have their wisdom teeth removed when they are young; this can cause your jaw to shrink, leading to jaw problems later in life.

# MIGRAINE plr photo ESSAY collection

## *Here's What You Get:*

**A total of 13 essays or reports**, each one is **3 to 8 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

Each essay comes with the following:

- Word Doc (For Easy Editing)
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### **WHAT ARE MIGRAINE HEADACHES?**

Imagine being in so much pain that you feel like your head could explode. Now imagine having this pain for hours and even days, accompanied by nausea, dizziness, fainting, and maybe even seizures. To some this is unimaginable but to others this is just life with Migraine Headaches. If you are feeling these affects you may be asking yourself what exactly is a Migraine Headache? Most of all you are probably wondering how you can get rid of them.



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There are five different phases of a migraine headache which are prodrome, aura, headache, termination, and postdrome. Some people will experience all of these phases, making it very difficult to live their lives. Others will only experience a few of these phases and many times this will not interfere too greatly in their life. The number and kind of phase a person goes though will greatly effect the severity and treatment of their migraine headache and identifying the phase they are going through is very important. This can even mean the difference between having the ability to function normally in life and having debilitating migraine headaches.

## 13 MIGRAINE PHOTO ESSAYS / REPORTS



## FACTORS THAT CONTRIBUTE TO MIGRAINES

There are many different factors that contribute to Migraine headaches. The first major factor that contributes to a migraine headache is gender. While anyone, male or female, can feel the effects of a migraine headache, women are more likely to develop migraine headaches than men. In fact, women are actually three times more likely to experience a migraine headache, at some point in their life than men are.



While a person at any age can get a migraine headache age is a factor that will contribute to migraine headaches. Typically migraine headaches will begin to develop in teenagers and young people because of the hormone changes in their body. Hormones are a big factor that will contribute to migraine headaches. Whenever a person's hormones are changing this can cause a person to have a migraine headache. These hormone changes can be seen present in teenagers during puberty. It can also be seen in menstruating women, women on birth control, and women in menopause.

Depression also can be a factor that will contribute to migraine headaches. Depression is a mental illness that causes a person to become extremely sad. A person with depression will worry a lot and lose interest in activities that once made them very happy, and this can effect migraine headaches. Depression can actually cause different illnesses and it can intensify an illness and this is true of migraine headaches. A person with depression may become worried which can cause their migraine headache. If a person already has a history of migraine headaches and they develop depression their migraine headaches may become more severe than they were before the depression.

## MIGRAINE HEADACHES AND GENETICS

Doctors have always known that many people who suffer with migraine headaches have a family history of migraine headaches. They have also known that people can inherit certain triggers that will induce a migraine headache. Until recently however, they did not know exactly how much of a factor this played. They were unsure what role genetics played in migraine headaches and many believed that migraines were caused by blood vessels on the brain.



Recently due to scientific breakthroughs in the human genome projects scientists now know that this is an inherited condition. Scientists have now found concrete proof that this is an inherited condition that affects the brain. They now understand that certain parts of the brain are affected, not the entire brain as was previously thought. Nerve cells in these parts of the brain are actually sending out signals to the blood vessels that tell them to tighten, then swell, and release different chemicals into the brain that will cause the pain and other symptoms people experience during a migraine headache. This is a very important discovery because knowing is leading to new discoveries and treatments in migraine headaches.

## MIGRAINE HEADACHE PREVENTION

### Adjusting Your Diet

Preventing a migraine before the signs even start is very important and for many people with migraine headaches adjusting their diet will prevent migraine headaches. This is important because food is a major trigger of migraine headaches. Eating a proper diet and staying properly hydrated is very important in preventing migraine headaches because not eating and drinking can trigger a migraine headache.



The first step in preventing migraine headaches is to learn what foods will trigger your migraine headaches. As discussed above some people have common food triggers but every person is different and what can effect one person may not bother another. It is also important to track because some foods are only a trigger when combined with a certain other food.

## CHILDREN'S MIGRAINE HEADACHES

Migraine headaches in children is a condition that is very serious. This is because children at very young ages are unable to tell us how they are feeling. Children can actually get migraine headaches as young as several weeks old and cannot let us know what they are feeling. Toddlers have a little bit of an advantage because they can communicate a little better, but still are hard to understand and may not be able to communicate the problem. It typically is not until age five that a child is able to correctly communicate these problems. This is why it is important for parents to pay attention to how their child is feeling and acting. Once a child is older they may be able to communicate what they are feeling and proper diagnosis is very important.



When a child is experiencing migraine headaches as an infant there are a few signs to look for because they cannot tell you they have a headache. Many of these infants will become pale and will vomit more than usual. They may also tilt their head and neck to one side. If your child is experiencing this a doctor should be consulted immediately.

For toddlers and young children who are experiencing migraine headaches they may be able to tell you that their headaches. When these children are experiencing a migraine headache they will become pale and begin to vomit. You may also notice them not playing as much as usual and feeling more tired than normal. When these symptoms are noticed your child may be experiencing more than a simple headache, they may be experiencing a migraine headache.



## WOMEN AND MIGRAINE HEADACHES

It is very important for women to understand how a migraine headache will affect their body. There are also certain triggers that women have that men will not have. It is also important for women to understand the symptoms and treatment options because migraine headaches can affect pregnancy and breastfeeding. One in every three people who experience migraines is a woman. Scientists believe that a woman's brain will respond to the trigger faster than a man's brain will. Women will also have more symptoms, more frequent migraine headaches, and more severe symptoms than men.



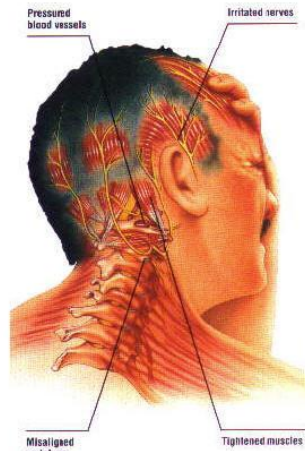
A woman's menstrual cycle will affect their migraine headaches because of the change in the hormone levels in the body. Estrogen is a hormone that will control some chemicals in the brain and during a woman's menstrual cycle the estrogen level in the body will drop significantly. A migraine headache during this time is called a menstrual migraine and can occur before, during, or after menstruation. Even women who do not regularly get migraine headaches can get a menstrual migraine.

Menstrual migraines are actually harder to treat than others. They may also last longer than others and the symptoms can be more severe. For some women birth control can actually reduce the frequency of menstrual migraines. Birth control can also lessen the effects of some symptoms of a menstrual migraine. However, for other women birth control will actually increase the amount and severity of a menstrual migraine.

## STAGES OF A MIGRAINE HEADACHE

There are five different stages of a migraine headache which a person can experience. While each person is different every person who suffers from migraine headaches will experience at least two of these phases. In addition the symptoms of each phase can also vary by person. These phases are prodrome, aura, headache, headache termination, and postdrome.

Prodrome is the first phase of a migraine headache. This phase is the phase experienced by some people before a migraine headache even begins. This phase can start a few hours before the migraine headache or even days before it. During this phase many people will begin to feel irritable, depressed, or euphoric. Other people report feeling very fatigued and having muscle stiffness in the neck. Some will also begin to will have cravings for certain foods or not hungry at all. Other symptoms that are hard to deal with are constipation, diarrhea, and an increase in urination.



## SYMPTOMS OF A MIGRAINE HEADACHE: HEADACHE VS. MIGRAINE HEADACHE

There are many different symptoms of migraine headaches and identifying these symptoms is very important. By identifying these symptoms you will help in determining whether you have just a headache or a migraine headache. This is very important because migraine headaches are a much more serious condition which will require you to seek medical help.



Headaches can be caused by many different conditions and environment but they all involve pain. There are sinus headaches which are caused by sinus pressure and the pain is primarily in the forehead and nose area. There are tension headaches, which cause throbbing pain in the front parts of the head. Tension headaches are usually brought on by stress and reoccur frequently. These headaches are usually not a sign of a serious condition.

Migraine headaches are very serious and can be very hard to live with. Many times these do not come on with a warning, but for some people they will experience warning symptoms before a migraine. Each person is different and these symptoms will vary. Also the type of migraine headache will determine the type of symptoms.

## TESTS FOR MIGRAINE HEADACHES

If you are feeling some or all of the symptoms of migraine headaches this can be a very serious condition and you need to see a doctor. A doctor will evaluate the level of severity of your migraine headaches. A doctor will also ask questions to determine if you are having migraine headaches, cluster headaches, or if you have a more serious condition.

A doctor will ask you a series of questions and ask you to rate your pain on a scale of 1-5. You need to be able to tell your doctor how long you have been experiencing these symptoms, how old you were when they started, and what you have been doing when they occur. A doctor will also need to know how often you are having migraine headaches to determine how severe your migraine headaches really are. A doctor will ask you what specific symptoms of migraine headaches you are experience so that they can rule out any other conditions that you may have.





## **MIGRAINE TREATMENT OPTIONS**

There are several different ways to treat migraine headaches once you have been diagnosed. A doctor can help to decide what the right treatment will be and this will depend on the severity of the symptoms, frequency, and personal preferences. Some people chose traditional medical treatment involving medication. For others alternative medicine is an option they are more comfortable with.



Traditional medical treatment is what most people will use to treat their migraine headaches and for this a doctor will prescribe medication. There are two categories of medication that a doctor can prescribe, these are preventative and abortive.

Preventative medication is used for people with frequent migraines. These are medications that will be taken every day and will treat the causes of migraine headaches. High blood pressure will cause some people to have migraine headaches and beta blockers are used to treat these. For others depression will cause migraine headaches and antidepressants will be used. Antiseizure medication can be prescribed for seizures, and antihistamines will be used for those with allergies.

## **ALTERNATIVE RELIEF FOR MIGRAINES**

### **Stress Management**

Stress management is an alternative that some people with migraine headaches will use to help relieve their migraine headaches. It can be used alone or along with other treatments for migraine headaches. Stress management can be very helpful in reducing the frequency of migraine headaches and is very important for all people who have migraine headaches.



Stress can be either due to events inside or outside of your body that your body struggles to handle. It is the response that your body will feel as a result of these events. Stress management is the different methods used to control and prevent this effect on the body. Stress management is used in relieving and preventing migraine headaches because many people have migraine headaches as a result of stress.

Relaxation techniques are one part of stress management that will leave those suffering from migraine headaches feeling calm and less pressured. Breathing exercises are one type of relaxation technique that will help to calm the mind and body. To begin you need to breathe deeply and inhale for five seconds. Hold this

## **HOW MIGRAINES AFFECT FAMILIES**

Most people understand that migraine headaches have a tremendous affect on both the body and mind of the person having them. What many people who have never had a migraine headache do not know how it this effects the person's life. They also do not realize just how much they can affect the lives of a migraine headache sufferers family and friends.



To begin with a migraine headache does not care if a person is at work, people will still get a migraine headache and this can really affect a person's working life. For some people with severe migraine headaches when one strikes it can be completely debilitating. When symptoms kick in the quality of work will go down and employers become upset. For some continuing to work during a migraine headache is impossible which will leave an employer further upset an employer.

## **MIGRAINE HEADACHES AND YOUR EMOTIONS**

A person's emotions will have a great affect on their migraine headaches and their daily lives. For many people their emotions may be a trigger for their migraine headaches, and will end up causing the person to have their migraine headaches. At the opposite side of the issue, many people who experience migraine headaches will feel a mix of emotions as a result of their migraine headaches.



Migraine headaches can cause feelings of extreme depression in some people, which is one emotional affect of migraine headaches. This has an extreme emotional affect on not only the people who are suffering from migraine headaches but also their families. The stress that is put on the body as a result of a migraine headache can cause a person to become depressed.



## Plr article pack #1 (10 articles)

Name

- Are Migraine Headaches Common.txt
- Details about Migraine Headaches.txt
- How to Manage your Migraine Headaches.txt
- Information about Migraine Headaches.txt
- Migraine Headache Symptoms.txt
- Preventing a Migraine Headache.txt
- Things you can do at Home for Migraine Headaches.txt
- Treatments for Migraine Headaches.txt
- Types of Migraine Headaches.txt
- What are Migraine Headaches.txt

**HEADACHE  
FACTS  
PLR ARTICLE  
PACK**



**HEADACHES & MIGRAINES PROFIT PACK**

## Plr article pack #2 (15 articles)

Name

- CauseOfHeadaches.txt
- CausesMigraineHeadaches.txt
- ChronicHeadache.txt
- ChronicTensionHeadaches.txt
- ClusterHeadacheTreatment.txt
- FrequentHeadaches.txt
- HeadacheClinics.txt
- HeadacheMedicine.txt
- HeadacheTreatment.txt
- HeadacheTypes.txt
- HormonalHeadaches.txt
- SinusHeadache.txt
- SinusHeadacheSymptoms.txt
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- TensionHeadacheSymptoms.txt

### ***TYPES OF HEADACHES PLR ARTICLE PACK***



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