

101 Ways To Attack Your Headache Before The Pain Starts

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Are you fed up with your frequent headache pain? "101 Ways to Attack Your Headache BEFORE the Pain Starts!" 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 whiles trying to work. 95 of women and 90 of men suffer from headache pain...But did you know that these pains are largely preventable? It's true. The pain can be stopped. You can take control of agonizing headache pain today with my... "...101 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 don't 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 don't have to settle for the pain coming back another day! You can likely take steps today to prevent headaches from ever occurring. It's absolutely true. Did you know that you could be unknowingly causing your own headache? It's possible. The causes of headaches are INNUMERABLE! I've tracked down 101 tips to help you get through each day without a headache. "101 Tips on How to Prevent Headaches," is a thoroughly researched guide. If you are experiencing headache pain, chances are I've put a finger on the cause in my new report. All you have to do is spend 15 minutes browsing through the 58 pages I've 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) Understand why rain, especially the first rain of the season, can cause you a lot of headache pain. (Page 18) 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) Realize that your computer screen could be giving you headaches and what to do about it. (Page 9) 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 40)

Find out if you should stay away from aerosol. (Page 40) Learn to avoid shaking your head - and what it means if you experience pain when doing so. (Page 41) Learn the truth about hair dryers and why you should be cautious with them if you have frequent headaches. (Page 17 and 18) Learn to cool your head correctly - the wrong way can cause you more pain! (Page 42) Realize that your computer is giving off radiation and how this can affect you. (Page 11) 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) Discover why hot water is not the best for your head and what you should do about it. (Page 24) Understand how organic foods can help you steer clear of unwanted pesticides and hormones. (Page 58) Realize that there is such a thing as sound pollution and how this may be affecting you in a negative way. (Page 25) Learn 2 effective ways for clearing your sinuses and relieving your pain. (Page 26) 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)

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. (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, it's 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 there's MUCH more - guaranteed! "Are you ready to make the agonizing pain of headaches disappear?" I know. Headaches can make even the best days miserable. Who wants to function when every THOUGHT hurts! Not me and I bet you don't either. With "101 Tips on How to Prevent Headaches," you no longer have to. See if this fits you. Friday finally comes and you're so stressed out from the hard workweek you've had, that you get a massive headache! You can't even enjoy yourself on your days off! This is beyond discouraging. You're not the only with this problem- and the problem can be fixed. If you are hit by sudden headaches and you can't put your finger on the cause, give my report a try. I've done hours of research and written down every preventable cause of headaches I can find. If you can prevent your headache, I know how. And now YOU can know how too. Getting my report today, you can start to effectively prevent future headaches. In fact, you'll be able to start on tomorrow's headaches today. Get the head-start and beat those headaches to the punch. To have an understanding for what this information is worth, all you need to do is answer three questions

honestly. One, how would you like to live a near-headache-free life? Two, how many days of agony will that save you? And three, how much would that secret "cure" be worth to you? Headache pain is intense and you do not have to take it. Order "101 Tips on How to Prevent Headaches" today, right here.

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