

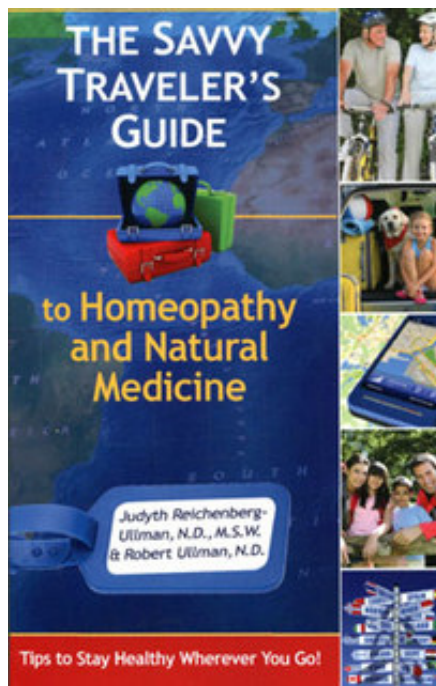
Reichenberg-Ullman / Ullman The Savvy Traveler's Guide to Homeopathy and Natural Medicine

Reading excerpt

[The Savvy Traveler's Guide to Homeopathy and Natural Medicine](#)

of [Reichenberg-Ullman / Ullman](#)

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HEADACHE (Acute)

We are talking about acute, short-lived headaches here, rather than chronic or recurrent headaches, which require more complex, constitutional homeopathic care. If headaches are very painful, persistent, or recurrent, it may indicate a more serious underlying problem, such as a brain tumor or aneurysm.



HOMEOPATHY

Belladonna (Deadly nightshade): Sudden, maddening, violent, severe, throbbing headaches worse on the right side. Extreme sensitivity to light, noise, and the least jarring. Headaches from sunstroke. Glass eyes. Fiery, red, hot, dry face. Worse 3PM. Better in a silent, dark room. Desires lemons.

Bryon/a (Hops): Bursting, splitting headache worse from any motion. Parched mouth and lips. Holds the head to keep it from moving. Better pressure or lying on painful side. Worse 9PM. Irritable. Wants to go home. Thirst for cold drinks.

Gelsemium (Yellow jasmine): Headache after fright or stage fright. Dizzy, drowsy, droopy, and dull. Head heavy, hard to lift. Muscle aching entire body.

Glonoine (Nitroglycerine): Violent bursting, throbbing, pounding headache, especially after exposure to the sun. Sunstroke. Confused, bewildered.

Natrum muriaticum (Sodium chloride): Headaches after disappointment or grief. Pain in forehead. Throbbing or sensation of hammers knocking on the brain. Worse sun or heat. Feelings hurt easily. Desires salt.

Spigelia (Pinkroot): Violent, burning pains affecting nerves, especially the facial nerve. Worse left side. Sensation of a hot needle, poker, or wire in or above the left eye. Extreme sensitivity to touch. Worse sun, smoke.

**PREVENTION**

Avoid prolonged exposure to, overexertion in, the sun.

Avoid monosodium glutamate (MSG) in Chinese food and many other processed foods.

Some people get headaches from food allergies and sensitivities, such as to wheat, corn, dairy, etc.

Do not overdo sweets.

Avoid hangovers.

Drink plenty of water—dehydration can trigger headaches.

Excessive stress can produce tension headaches. Be realistic about what you take on, and find effective techniques like yoga, deep breathing, relaxation tapes, whatever works for you.

If you are very sensitive, try to avoid overloading yourself with bright lights, smells, or stimuli.

Make sure your prescription for eyeglasses or contacts is up to date to avoid eyestrain.

Get enough sleep.

Maintain good posture. Use postural aids like the Nada Chair or the YogaBack for your car, www.nadachair.com or www.yogaback.com/The_YogaBack_for_Driving/commute.html

**MORE NATURAL TIPS**

For throbbing, congestive headaches: put an ice pack on your head or wrap a cold, wet cloth around your head, and put your hands and feet in warm water.

Escape to a quiet, dark place where you will not be disturbed.

For tension headaches, take a hot bath with 1 c. Epsom salt.

Put deep pressure on the indentations at the back of the scalp just above the neck (occipital ridge). Release when the pain subsides.

Peppermint oil on the temples often provides relief.

Going too long without eating can result in a hypoglycemic headache.

Switch to decaf coffee or herb tea to avoid caffeine withdrawal.

Evaluate and balance your hormones if an imbalance is triggering your headaches.

Neck strain after sleeping on a hotel pillow that is too hard, or with your head bobbing on the plane while trying to sleep upright, can result in headaches. Taking a good airplane pillow can make a huge difference.



LIFESAVERS



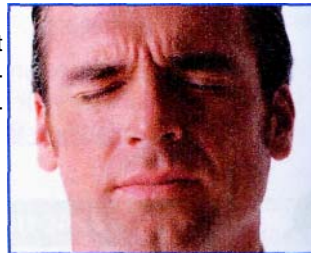
if you have an unusually sudden, violent headache, uncharacteristic for you, that does not let up, seek immediate medical attention to make sure it is not an aneurysm or stroke. We know of two people who went to bed with excruciating, violent headaches and never woke up, and a third who was rushed to the hospital with an aneurysm, was hospitalized for weeks, and survived.

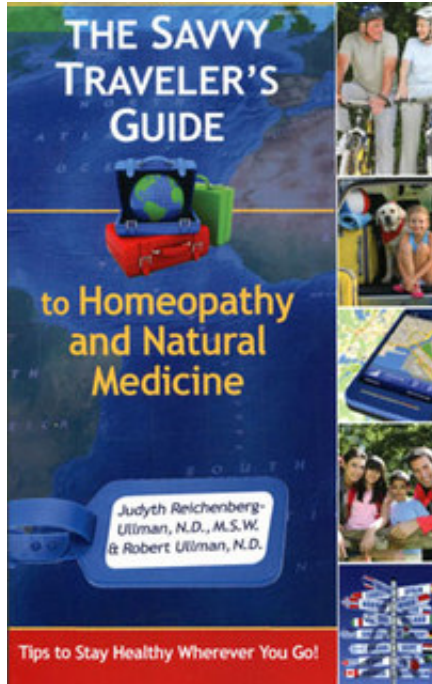


TRIPSAVERS

Allow enough time at the airport for you to partake of a 15- or 30-minute chair massage, now available in many major airports.

If the craziness of security lines and flight hassles is getting the best of you, go find a quiet seat off by itself and do deep relaxation or meditation. A number of airports have chapels, meditation rooms, or quiet areas where you can chill out and rest body, mind, and soul.





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Tips to Stay Healthy Wherever You Go

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