

HOPE for Your Health 10

Battle Creek Lifestyle Health Center · 101 N. 20th Street, Battle Creek, Mich. 49015 · (269) 963-0368 · (888) 255-3180

*God be merciful to us, and bless us, and cause His face to shine upon us.
That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2*

Headache

It is estimated that over 45 million Americans experience chronic headaches, ranging from a common tension headache to migraine and cluster headaches. For many the problem is so severe that they are unable to function at work or at home. Headaches are usually due to muscle tension, however, persistent headaches may also signal the presence of serious illnesses such as tumors, diabetes, thyroid and liver disorders. Headaches that may require immediate attention by a medical doctor include:

- Sudden, severe headache
- Headaches with fever, convulsions, confusion, pain in eye or ear
- Persistent headaches in anyone—especially children

Food related headaches

Food related headaches have been noted in persons consuming caffeine (example: chocolate or coffee), nitrites (example: processed meats), monosodium glutamates (example: soy sauce, meat tenderizer, many prepackaged foods and seasonings), and food dyes. Some foods such as cheese, citrus, bananas, and alcohol contain vasoactive amines that are not tolerated well in some individuals. In our experience, migraines are most often due to allergies or food intolerances.

In 1983, the medical journal *Lancet*, reported a clinical study of children where 93% were cured of their frequent migraines by following a oligoantigenic diet. Once the offending food or

additive is identified and eliminated, it usually only takes a few days for the patient to find blessed relief. At other times we have found our patients to be simply dehydrated from inadequate water intake or excessive coffee consumption. Nutrient deficiencies do occur as well and can be best evaluated by specialized blood and urine analyses.

Environmental headaches

Environmental headaches, on the other hand, are commonly associated with automobile exhaust, insecticides, adhesives, new carpets, molds, volatile chemicals coming from computers, and office equipment gases coming from printers and photocopiers. A careful medical and environmental history are required to begin the detective work that leads to a satisfying resolution of the problem. Battle Creek Lifestyle Health Center has found that the combined usage of “sweating therapy,” charcoal, a therapeutic diet, and selective detoxification-supporting nutrients, will advance the patient’s ability to return to an improved level of chemical tolerance and reduce symptoms.

Tension headaches

Tension headaches are probably the most common type seen at our clinic and it is also one of the most easily treated. Usually the patient feels tightness, vice-grip like pain on the sides and sometimes on the front side of the head. Often too there is soreness in the upper back area and around the neck muscles. If one pushes over the surface of the scalp (aponeurosis) it is common to find a few very sore spots that can

Today’s Promise

"You will keep him in perfect peace whose mind is stayed on You, because he trusts in you." Isaiah 26:3 NKJV

be “de-triggered” with the appropriate technique.

Tension headaches come for a variety of reasons including, poor posture, inadequate water intake, nervous tension, muscle strain from exercise or work, and poor stretching habits. Blood tests may be necessary to identify anemia, diabetes, high blood pressure, and a few other common causes of tension headaches. Periodically we come across an individual whose chronic tension headache is caused by dental problems: temporomandibular joint disease, improper bite, and tooth disease. At other times we determine that the chronic headache problem is due to vision, requiring the intervention of a competent ophthalmologist.

A few great ways to relieve such headaches is to practice slow neck stretching techniques, receive a trigger point massage, use Dr. J. H. Kellogg's hydrotherapy strategies, take a quick nap, drink a couple glasses of water, supplement with 500-600 mg of magnesium citrate, and practice deep breathing and muscle relaxation exercises. There are a number of useful and pleasant methods for eliminating chronic headaches that we use in our clinic with success.

Get to the cause of headaches

Patients should not be satisfied to only use pharmaceuticals or even herbal remedies to relieve headaches. The underlying biological and/or social reasons for this painful condition should be sought and corrected. Because of the diversity of causes, chronic headaches should be investigated carefully by qualified clinicians to assist the patient in identifying the likely lifestyle and biochemical factors that are at the root of the problem.

Principles of Health

“The only security for any soul is in right thinking. ‘As a man thinks in his heart, so is he’ (Proverbs 23:7). The power of self-restraint strengthens by exercise. That which at first seems difficult, by constant repetition grows easy, and right thoughts and actions become habitual” Ellen G. White, *Ministry of Healing*, p. 491.

“All the food that is put into the stomach, from which the system cannot derive benefit, is a burden to nature in her work. It hinders the living machine. The system is clogged and cannot successfully carry on its work. The vital organs are unnecessarily taxed and the brain nerve power is called to the stomach to help the digestive organs carry on their work of disposing of an amount of food which does the system no good” Ellen G. White, *Testimonies for the Church*, vol. 2, p. 362.

“The stomach suffers when so many kinds of food are placed in it at one meal. Simplicity is a part of health reform...if we would work for the restoration of health, it is necessary to restrain the appetite, to eat slowly, and only a limited variety at one time” Ellen G. White, *Counsels on Diet and Foods*, p. 275.