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List Post:

10 Drug-Free Ways (You Probably Haven't Tried) to Get Rid of a Headache



From nagging pressure to blinding migraines, headaches have been one of the most common health complaints for the last few centuries.

And we've seen some crazy "remedies" endorsed by Grandma, The Farmer's Almanac and the internet.

Unusual treatments like leeches, cow dung and molasses rubbed on the temples, electric toothbrush massage and a buzzard's head tied around the neck may be effective, but most of us aren't willing to try them.

But there are lots of ways to treat your headache that don't require a trip to the drug store.

Check out these tips to keep your noggin pain-free:

1. Step Away from the Screens

Spending a lot of time in front of the computer, the tv or a phone can cause eye strain, as well as shoulder and neck tension, leading to headaches.

Also, the prolonged concentration that seems to go along with screen time can cause headaches.

Give yourself a break from the screens every half-hour or so. Stretch your legs, rest your eyes, or change activities for a little while.

2. Coffee

If you're used to drinking caffeine, you may experience headaches when you have consumed less caffeine than usual.

A short-term fix for a caffeine-withdrawal headache is a quick infusion of caffeine. Grab a cup of coffee or tea, and you'll be feeling better in a jiffy.

3. Aromatherapy

Your senses are a powerful ally when it comes to relieving pain. Peppermint oil or lavender oil, massaged into the temples, can help relieve pressure and pain quickly, without the side effects of medications.

You may also want to consider using an oil diffuser if you will be spending long hours in one space.

You may feel better, and you'll enjoy the pleasant aromas.

4. Visualize the pain, then eliminate it

Some natural health practitioners recommend this process:

- Lie on a comfortable bed or couch
- Close your eyes and concentrate on the headache pain you feel
- Try to describe the pain to yourself. Where is it located, exactly. How big would you say the pain is? Does it seem to have a color, a name, or a definite personality?
- Think of the pain as a physical object
- Imagine the object is shrinking, getting smaller and smaller
- When you have minimized the headache until it is almost gone, mentally whisk it away from your head, and completely out of your body

Many headache sufferers report amazing relief after this exercise.

5. Loosen Your Ponytail

Pressure on your scalp from a tight ponytail or a cap or hat that's tight can cause a headache.

Try not to keep hair pulled tightly for long periods of time and give your head a break from the hat a few times a day.

Also, make sure your glasses (even readers) are not causing pressure behind your ears. This can also lead to headaches.

Eliminating these pressure-causing habits should help to eliminate some headache pain.

6. Saline Spray

A snort of saline in your nostrils can help clear out any sinus pressure that is causing a headache.

Spray into one nostril, breathe deeply, then blow your nose as hard as you need to clear your sinuses. Repeat with the other nostril.

7. Acupressure

An ancient Chinese secret remedy for headaches is acupressure.

Apply pressure to the point on the hand between the thumb and index finger to relieve headache pain. Squeeze the indentation between the two digits with the thumb and index finger of your opposite hand, then massage the area in a circular motion for five minutes. Switch hands and repeat the process.

8. Hydrate

One of the initial signs of dehydration is headache.

Be sure to drink plenty of water, especially if you are out in the heat or if you are exercising and sweating.

Fruits and vegetables that are high in water content are a great snack to help combat headaches, too.

9. Stop Chewing Gum

The intense muscular contractions caused by chewing gum has been a cause of headaches that most people don't consider.

Many gum users tend to chew for hours. If you want to chew gum, try chewing for shorter periods of time for fewer headaches.

10. Sex

Yes, really.

The old excuse "Not tonight honey, I have a headache" doesn't really make sense.

If you can muster up the mood, give it a try. You may be surprised when your headache melts away during the heat of passion.

Depending on the source of your pain, you may want to try more than one of these remedies.

But won't it feel great to get rid of that headache without popping open a bottle of pills?

