

Tension Headaches

Tension headaches are amongst the most commonly reported headaches. Tension headaches are very common and are most likely in adults and adolescents. Tension headaches are not associated with structural abnormalities in the brain. Stress headaches (also called tension headaches) are reaching epidemic proportions in the modern world. Tension headaches are the most common type of primary headache; as many as 90% of adults have had, or will have tension headaches at some in their lives. Tension headaches are usually triggered by some type of environmental or internal stress. Tension headaches are more common among women than men.

Symptoms

What are the symptoms of tension headaches? The symptoms of muscular contraction headaches may resemble other conditions or medical problems. Unlike migraine headaches, there are no associated neurological symptoms (such as muscle weakness, or blurred vision) in people with tension headaches. However, each individual may experience symptoms differently. Tension headaches are due to tight contracted muscles in your shoulders, neck, scalp, and jaw. Depression, anxiety, and sleeping problems may accompany persistent headaches.

Treatment

Almost everybody gets a headache now and then, but some are different and finding the right treatment isn't always easy. While conventional medicines and treatments may work well in managing tension headaches for some people, others turn to alternative methods and natural remedies in their search for relief. Tension headaches are known to be relieved in about 42% of adults who take 400 mg of Magnesium daily. The best treatment for tension headaches is prevention. Tension headaches usually respond well to treatment without residual effects. Often the best treatment for a mild tension headache that does not impair a person's ability to function is simple endurance. Himalayan goji juice can be a great for preventative maintenance. If you believe that your tension headaches are the result of muscle tension in your neck and shoulders, seeing a massage therapist may be a good treatment to investigate. Try using a therapeutic pillow, one that supports the head and neck. This will reduce the symptoms of tension headaches and allow you to sleep more soundly and comfortably

Fortunately, effective treatments for tension headaches are available and can be managed.

Conclusions

Tension headaches are also known as muscle contraction or chronic daily headaches. Most tension headaches are triggered by anxiety or stress. The common belief is that tension headaches are caused by the over-contraction of the muscles covering the scalp and the back of the neck. Tension headaches are often the result of stress or bad posture, which stresses the spine and muscles in the upper back and neck. Tension headaches are 40% more frequent in women compared to men. Tension headaches are not made worse by physical activity. Keep a headache diary to help identify the source or trigger of your symptoms.

Use a cold and hot pack for immediate and temporary relief of tension headaches. This can be very effective.

A daily intake of Himalayan Goji Juice and/or daily intake of B Vitamins, Magnesium and Feverfew will assist tremendously in treating tension headaches, but you must do this consistently – this is of the utmost importance. We can help to keep you on track and remind you to take your supplements daily by joining our reminder program.