

# 101 Simple Ways to Attack Your Headache BEFORE the Pain Starts

**From The SnorBan Health Care Series of E Books  
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**Headaches can be AGONIZING! But headache prevention can cost you nothing.  
The pain CAN be stopped. Now read on ..**

## **"101 Power Tips on How to Prevent Headaches!"**

**Headaches may come in many different forms, but they are largely preventable.  
Know why they do, learn how to cure and they won't come back.**

**Here is just SOME of the information you will find inside this book**

- That headaches are largely PREVENTABLE. (Page 2)
- The vegetable that can possibly save you from a headache. (Page 9)
- How meditation works to "de-stress" you. (Pages 32-36)
- The effect that alcohol has on your headaches. (Page 37)
- How to protect yourself from headaches when in the sun. (Page 10)
- The colours that can actually cause you to have headaches. (Page 38)
- The three types of headaches. (Page 2)
- What migraines are and why they hurt. (Page 3)
- Four different criteria for choosing sunglasses. (Page 10 and 11)
- What reading in a car does to cause you pain. (Page 8)
- How to create your own tension releasing and soothing face pack. (Page 32)
- 7 tips for dealing with a hangover. (Page 37)
- Air-pollutants to avoid. (Page 19)
- How proper ventilation helps to rid you of your headaches. (Page 42)
- Is your pillow the cause of the pain? (Page 17)
- Is it your posture that's causing you headaches and how to change it. (Page 39)
- Breathing exercises that can help to reduce your headaches. (Pages 14-16)
- The effects hair gel may be having on your headaches. (Page 41)
- Why you should you stay away from some aerosol (Page 43)
- Why not to shake your head (Page 41)

Do you know YOU could - unknowingly - be the cause your own headache?

It's possible...the **causes of headaches are innumerable:**

Rain, especially the first of the season, can cause a headache (Page 18) Or it could be your computer screen (Page 9). Ever suspect your hair dryer? (Page 17 and 18) Or Hot water? (That's not best for your head.) (Page 24) - Food and beverages? (Page 44) - And even the style in which you dress. (Page 47)

"  
*I'm so relieved not to have headaches now. It's had such a big affect across my life. Thank you so much.*" - SP (USA)

**Tackle your headache and live a normal live,  
without pain, fear or use of pain-killers.**

- Learn to cool your head correctly! (Page 42)
- Learn the best way to relax your eyes. Hint: Don't close them! (Page 13)
- Learn the proper way to massage your eyes and relieve tension. (Page 12)
- Learn three techniques to help you relax and ease your tension. (Page 20)
- Learn how organic foods can help you steer clear of unwanted pesticides and hormones. (Page 60)
- Learn 2 effective ways for clearing sinuses and relieving pain. (Page 26)
- Understand what effect cigarettes and coffee may be having on your headache. (Pages 27-29)
- Understand the relationship between water and your headache. (Pages 29 and 30)
- Girls - understand, the way you do your hair may be causing you an unnecessary headache. (Page 19)
- Learn an effective way to "rinse" your sinus pain away. (Page 43)
- Understand that some headaches are heredity and how to cope. (Page 4)
- Realize the effects of jetlag on your headaches. (Page 48)
- Discover tension headaches and how to prevent them. (Page 5)
- The use of Acupressure to treat and rid sinus pain. A 17 step plan that shows you how. (Pages 48-50)
- The four common triggers for migraine and how to avoid them. (Page 4)
- Exercise and how it can stop a headache. (Pages 50-54)
- The best position in which to read. (Page 6)
- Why pills may not be helping you at all (Page 21)
- Your eyesight and what you should do about it (Page 7)
- Sinus pain, it's causes, its headaches and how to treat it. (Page 5)

The Recommended Retail Price for this e book is £13.50.

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