

ELIMINATE YOUR HEADACHES

In Less Than 30 Days

A Holistic Approach



DR. JOHN M. ANDERSON

**Eliminate Your Headaches in
Less Than 30 Days**

A Holistic Approach

Dr. John M. Anderson

© 2014 by Dr. John M. Anderson

ISBN-10: 099605362X

ISBN-13: 978-0-9960536-2-4

All Rights Reserved. No part of this publication may be reproduced in any form or by any means, including scanning, photocopying, or otherwise without prior written permission of the copyright holder.

First Printing, 2014

Printed in the United States of America

Liability Disclaimer

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for health and well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author assumes no responsibility for your actions.

**Eliminate Your Headaches in
Less Than 30 Days**

A Holistic Approach

Table of Contents

Introduction	9
Why Headaches and Neck Pain Are So Common Today	15
Types of Headaches & Their Symptoms	19
Common Symptoms (The Common Denominators)	25
The Typical Treatment Plan & Why It Doesn't Work	39
The Holistic Approach to Eliminating Your Headaches in Less Than 30 Days	49
Diet for Headache Relief: A Precautionary Measure	65
Personal Case Studies	79
FAQ's	89
APPENDIX A	95

Why Headaches and Neck Pain Are So Common Today

Today, neck pain and headaches are extremely common for adults, children and senior citizens alike. There are, of course, a small percentage of people whose headaches may be a result of a severe disease process. The majority of people, however, can be helped through a common sense approach, because most headaches are a result of the typical American diet, bad posture and past injuries.

Certain foods can elicit or set up headaches. Stress, both physical and emotional, can also

have a direct effect on the “fight or flight” mechanism, stimulating an increase in adrenaline flow, which causes an elevation of blood pressure.

In today’s society, the use of computers has quadrupled over the last 10 years. The problem is not the computer, but the ergonomic position it puts us in. Typically, while spending more than 30 minutes on a laptop or desktop computer, most of us tend lean forward, putting the head in a forward position over the shoulders, causing stress and tension in the muscles of the neck and upper back area. This posture is commonly known as Forward Head Posture (FHP), and it generally happens when the computer screen is too low, coupled with the repetitive motion of moving the head forward to read the screen. This position causes tension and stress on the neck and sub-occipital muscles.

Unfortunately, FHP isn't limited to adults. The over-use of video games, texting and computer use have begun to affect many at a very young age. Most teen and preteen children spend hours sitting in one position, causing the body to adapt to this bad posture. As a result, it's not uncommon for preteen children to experience headaches and neck pain.