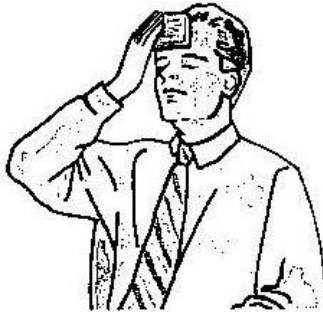


WHEN YOU HAVE HEADACHE...

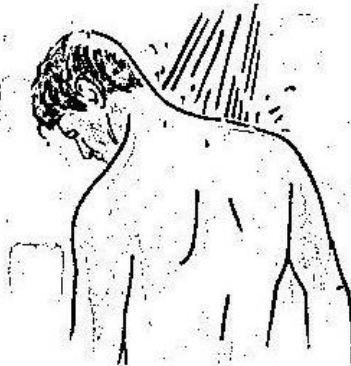
1. COLD THERAPY

Place an ice pack on your forehead, temples or the nape of the neck.



2. WARM THERAPY

Take a warm shower, letting the water beat down on your head, neck, shoulders and back.



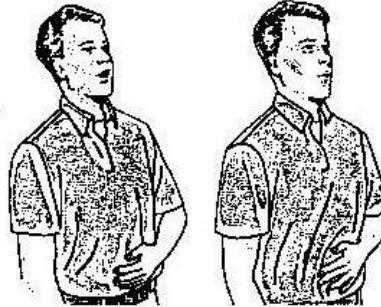
3. TAKE A TIME OUT

Remove yourself from a stressful situation by taking a walk or by taking a few minutes to concentrate on something relaxing such as lying on a beach.



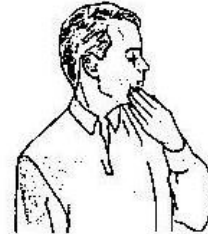
4. DEEP BREATHING

Take deep slow breaths, concentrating on breathing from your diaphragm. Hold your breath for several seconds, then exhale slowly completely emptying your lungs. Repeat several times.



5. STRETCHING EXERCISES

- 1) Sitting in a chair, turn your head to the left as if looking over your left shoulder.
- 2) Place your fingers from your left hand on the right side of your chin and gently push your head to the left, feeling your neck muscles stretch.
- 3) Simultaneously, place your right hand on top of your head, touching the top of your left ear.
- 4) With your right hand, pull your head gently towards your chest, stopping just before you feel discomfort. Hold for 10 seconds.
- 5) Repeat on the right side of head.



6. PROPER NUTRITION

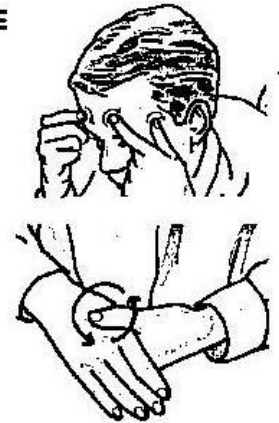
Missing a meal can bring on a headache. If you haven't had time to eat, get a snack such as a piece of fruit or even a glass of water.



7. ACUPRESSURE

The technique for acupressure remains the same regardless of the pressure point you use:

- 1) Apply gentle, steady rotating pressure to the point with your index finger and/or thumb.
- 2) Maintain pressure for 7 to 15 seconds, then release
- 3) Repeat every few minutes as needed.



8. MEDICATION

- Use over-the-counter medications appropriately.
- Always read and follow package instructions.
- Consider using a combination pain reliever containing acetaminophen, aspirin, and therapeutically active caffeine.

ASPIRIN

ACETAMINOPHEN

NSAIDS

COMBINATION

Many doctors recommend a non-prescription combination pain reliever like EXCEDRIN for relieving headache pain.