

Understanding Headache Pain

Pain associated from headaches seems to be the most common complaint to doctors and even missed work days. Research has found that there are many factors surrounding the cause of a headache. It is estimated that approximately one quarter of the population has difficulty with digesting any particular given food. That number may seem conservative with reports relative to lactose intolerance alone. Some of the best headache clinics in the world look at common food allergies as a major trigger for headaches. The most common are dairy products, seafood, wheat gluten, coffee and chocolate. Many times, an allergy test will prove negative with respect to any particular food. The truth is, certain foods like chocolate will stimulate the brain to produce peptides, and those chemicals can result in an increased blood supply to the brain, which results in a pressure headache. Other addictions to various chemicals such as caffeine are likely to produce a headache during withdrawal.



Many individuals may be aware of Chinese restaurant syndrome, that is brought on after consuming high amounts of monosodium glutamate (MSG). These headaches can be quite devastating and sometimes are accompanied by chest pain. Another type of headache is known as the "hotdog headache." This is commonly associated with the nitrates added to some prepared meats. Other individuals may be hypersensitive to cold liquids and solids and commonly experience, "brain freeze." Far too many individuals are associated with an alcohol induced headache that usually occurs when you drink red wine and hard liquor.

While headaches may be the primary diagnosis submitted to all insurance companies in the U.S. running a close second is back pain. There are many causes of back pain, just like there are with headaches. One of the most common causes of back pain is associated with arthritis. When you eat any starch or processed sugar, it begins a cascade of hormones and inflammatory responses that attack your joints with an intense vengeance. Some simple spices can alter this attack, such as ginger.

Millions of individuals suffer from arthritis and aggravate the condition on a daily basis. Most individuals in the U.S. eat an extremely high consumption of omega-6 fats. There is some evidence that shows that a diet rich in omega-3 fats provides some relief for arthritic pain. Other research has found that chemicals are produced with foods by frying or grilling meat and often react with various inflammatory diseases. It should be noted that this is very weak research, but some tendencies and hypersensitivities towards foods that are prepared this way may be applicable. For most individuals who are not on kidney dialysis, consuming more protein on a daily basis will offer benefits that are geared towards healing. Many individuals with nervous problems, digestive problems and other related connective tissue disorders will benefit from an increase of dietary protein. Utilizing protein offers an increased enzyme response associated with a normal metabolism that produces sugars and results in new tissue formation.

Typically, eating foods in a more raw and natural state provides natural enzymes which allow food to digest easier. The obvious exception to this rule is raw eggs and meat. Other specific foods to eat when you are in pain includes fresh fruits that are high in citrus content, due to high antioxidant values.

One of the best things you can ingest when you are in pain is water. The osteopathic profession was based upon the theory that whenever something in the body slowed down, it led to an increase of disease. Drinking approximately one gallon of water a day offers an increase of filtration that is sure to remove unwanted toxins from your system.. The majority of the pain in your body is associated with toxic chemical neurotransmitters, and a significant amount of water is required to remove them from our body.