

Certified Reflexology

Those Darn Headaches Prevention First

by Bill Flocco

If you or a loved one has ever been plagued by "those darn headaches," relief might be closer than you think. A dramatically large number of people have reported reduction in frequency and intensity of headaches merely by using Reflexology - gentle finger pressure on specific areas of their ears, hands and feet.

Could you find relief too? There is an excellent chance that you might. But first, let us look at the "obvious" which is so frequently overlooked.

What causes headaches and what can you do to prevent them?

After prolonged stress your body gets pushed too far. In its marvelous wisdom it lets you know when you have stressed it too much by hurting. Pain in one sense is mother nature's gift to you. Pain says, "pay attention." It also says, "do something differently."

Headaches can be caused by hundreds of different reasons. Food allergies, bright lights, loud sounds, sugar, poor posture, aggravating relationships, job pressures, financial concerns, lack of rest or proper sleep, too little or too much exercise to mention a few.

When a headache or any other health imbalance comes on, take a focused methodical approach to dealing with it. In the rest of this article we will help you with some guidelines to do just that.

In a planned approach, start by identifying as specifically as possible your health imbalance and where it is affecting you. List all the factors contributing to the health imbalance and if you don't know what is contributing, follow this process. Make sure you have a large pad of paper and a pen ready.

Go to a quiet place and sit comfortably. Close your eyes and start breathing in a slow and rhythmic fashion. After a few moments imagine yourself talking to the wisest doctor on the earth. In your mind ask him/her what are the causes of your health problem(s). After you feel you have gotten all the information you can, open your eyes and write it down. Then look at the reasons you've written down and see how true they feel to you. Be open minded - there may be reasons that you are blocking these causes on a conscious level. For example, (a person may have headaches as a result of an unhappy relationship yet deny the relationship as contributing to the headaches because a security fear

blocks such awareness) a partner in a relationship may be causing headaches but we don't want to look at that due to our security fears.

Then based on the causes, list all the preventative measures you could possibly take. Prioritize your preventative steps. Pick the most effective and practical within your lifestyle.

The most challenging part of prevention is to do something to prevent the health imbalance from occurring again.

To facilitate helping you look at what you can do, we have developed this form for you. If headaches are not an issue for you use the form for any of the everyday aches, pains, stresses, and strains you might periodically experience.

If you are free of noticeable health imbalances you can still use the information from the articles that will follow in future issues.

We all live under stress. When we pay attention and minimize the impact of the stress in our lives through a proper preventative program, there still can be subtler levels of stress that we don't notice. By using Reflexology we can keep our internal systems working more optimally. We can use Reflexology as a way of communicating with our internal organs, glands and structures. We can give them relief from everyday stresses so that they never get to the point of hurting or malfunctioning. Consequently with Reflexology you have a way of bringing yourself to optimal health and staying in a state of optimal health.

If external prevention doesn't help, the next article will deal specifically with where and how you can use Ear-Hand-Foot Reflexology for relief of headaches.

Future articles will address a wide range of health imbalances faced in everyday life with specific hands on Reflexology techniques you can use to improve the quality of your everyday life.

So between this article and the next, use the form to, help you focus on prevention.

Until the next article, I hope you're enjoying the very best of health and vitality.

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