

Contents

Prologue
Introduction
Classification headaches and migraines
Differences between a headache and a migraine
Questionnaire
The effect of weather on headaches and migraines
What is foot reflexology
Points to consider in DIY foot reflexology
[Foot reflexology zones](#)
[DIY reflexology for problems concerning the nervous system](#)
[DIY reflexology for hormonal complaints](#)
[DIY reflexology for spinal problems](#)
[DIY reflexology and detoxification](#)
[DIY reflexology for energy related headaches and migraines](#)
[Psychological aspects of headaches and migraines](#)
[Nose breathing \(swara-yoga\)](#)
[Chakra congestion](#)
[The spinal column](#)
[Dietary recommendations](#)
[Bibliography](#)

Migraines and Headaches

This English edition is a mixture of the updated 2014'th version and the original 1993'rd version

ISBN 978-90-815311-0-8

First published in 1993 by Ankh-Hermes, Deventer. ISBN 9020200267

Updated and reprinted in 2014 by Schors, Amsterdam. ISBN 9789075145311

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording, or any other means, or translated into any language without the prior written permission of the publisher.

Disclaimer: The publisher and authors cannot be held responsible for any error or omission. This book does not intend to replace medical aid, nor are the author's responsible medically for the effect or the result of the contents of this book.

Edited, designed and published by Gottswaal vof, gottswaal.nl

Copyright © 2019 Gottswaal vof, Zuid-Scharwoude

Prologue

Migraines and headaches: an unpleasant and complicated problem. There are so many possible causes why someone falls victim to it, that many a consultant once must have thought; I believe I am getting a headache myself just trying to find a solution. That is precisely the essence: to find the right solution.

Our personal experiences with headaches and those of our clients, have given us a growing insight into these phenomena. As well as an insight into the many different ways of treating it. While listening carefully and observing our clients and ourselves (when one of us had come down with a headache) we became fascinated by the subject. We realised that the reasons for and causes of headaches are numerous and that the ways of treating it must at least be equally diverse. In this booklet we endeavour to present many variables. We hope you will remember one important point: your headache is unique, therefore the solution to your problem will be unique.

We often noticed that someone complaining of headaches/migraines actually suffers from four to six different types of headaches/migraines. Since these different types tend to alternate quite rapidly, one expects it to be one headache/migraine. By finding and registering the cause of your headaches/migraines, you will find it easier to come across the correct solution for your particular headaches/migraines.

Nevertheless we do amplify that it is impossible to mention all the causes of and solutions for headaches in this booklet. It is therefore very well possible that someone finds the information given here incomplete.

Marijke de Waal Malefijt and Tessa Gottschal



Introduction

We all know what a headache is, because in addition to coughing and the common cold it is a very common complaint. Approximately 65 percent of all people suffer regularly from headaches, with that unpleasant sensation of not being able to think clearly anymore.

A headache works like an obstacle, hindering all plans made for that day. You feel as if you have to force yourself to do anything at all being left with only one wish, that the unbearable pain would go away.

Headaches become overbearing, making you continually aware of one thing only, the pain. If the ache is bad enough, you just lose interest in things around you or any other activities. It appears that only about 10 percent of all headache sufferers go to see their GP about it. Most people accept that they have a headache and just take a painkiller. It is estimated that each Benelux citizen takes about twenty painkillers a year. This would mean that every year almost a million painkillers are sold per year.

Since headaches are such a common occurrence and are usually treated by chemical means, its about time that alternative solutions are found for such a frequent and annoying affliction. We favour a combined approach keeping in mind that a final solution should come from identifying the cause of the problem. We hope that in this way the use of painkillers and other chemical means for treating headaches and migraines become outdated.

There are different types of headaches originating from various causes and backgrounds. Through investigating the likely cause, pinpointing the origin should be possible. Resulting in a combined approach and thus hopefully achieving a more permanent improvement.

To begin with, we will give a general introduction into the various origins of headaches. Following on you'll find a questionnaire to identify the particular type of headache in question. Finally, we will present various possible solutions to be applied singularly or in combination.