



## **Alternative Therapies and Headaches**

A majority of the pains and irritations above the neck are caused by excess muscle tension and vascular imbalance and therefore can be healed effectively through Reflexology because the acupressure points in this area are easily accessible and can be triggered with very little pressure. Reflexology not only treats the problems externally but heals the ailment from within so that you can get over it completely. Reflexology reflex points associated with the spine and brain can be targeted to help relieve the headache by releasing endorphins, the natural pain killer that our body produces. Additional points may include increasing circulation and therefore blood flow to the brain, unblocking sinuses, and stimulating organs that assist the body in releasing toxins from the body (e.x. colon and liver).

If the headaches are associated with stress (emotional or physical), Reiki or Chakra Balancing can also provide relief. These techniques are designed to work on the energetic body and subconscious to clear and restore balance to your internal systems.

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