

# Headache Report

## *Finding the cause can give you permanent relief*

What do Vince Lombardi, the movie *The Karate Kid*, and natural health care have in common? Success is achieved by doing the simple basics and by doing them well. Vince Lombardi is known for stressing basic football skills, like blocking. In *The Karate Kid*, the main character, Daniel, wins a tournament: his training consisting of doing a few basic moves (like “paint the fence”) over and over again. Similarly, in natural health care, simple basic things work and they work well.

Susan (not here real name) suffered from headaches. She had one or two headaches each week. Occasionally they were incapacitating. She went to a doctor and was given a prescription headache medicine that worked well enough. Here’s the rub—no one told this patient to avoid aspartame (NutraSweet), MSG, food additives or refined sugar. She continued to drink a diet soda every day and consume canned soup (containing MSG). She works hard and often skips meals.

While a drug can relieve the symptom, (although not all of the time, and not immediately) it may be more useful to find and correct the cause of the headaches. Bringing her blood sugar under control (get her to stop skipping meals), and avoiding the additives (which can often trigger headaches) might be a good way to begin to find the cause of the problem and correct it. If you can find a natural method that works, it is better than taking a drug with possible side-effects and burdening the body with a foreign substance.

One common cause of headaches is exposure to chemical toxins that are in the food and in the environment. Chemical exposure can cause a wide variety of symptoms, including fatigue, headaches, skin problems, digestive problems, recurrent Candidiasis, allergies and even cancer. Some occupations that involve chemical exposure are farmers, hairdressers, photographers, refinery and factory workers, airline employees, truck drivers, auto mechanics, painters, doctors and x-ray technicians.

Just living on Earth gives us a fair amount of chemical exposure. How close do you live to a highway or airport? Air pollution is concentrated in the cities, but exists throughout the country. Farmers use liberal amounts of pesticides on their crops and liberal amounts of antibiotics in their animals. The amount of chemical exposure Americans get is unprecedented in history. Cancers of the liver, kidney and lymphatic system are on the rise. For people who are chronically ill, people who have multiple symptoms, who may be described as “just plain sick,” chemical toxicity is often one of their issues.

The “body burden” of chemicals is tested by the Atlanta-based Centers for Disease Control and Prevention every two years. It has found that the average American now has 116 synthetic compounds in his or her body, according to the Centers for Disease Control and Prevention in Atlanta. These include dioxin (from burning plastic), polycyclic aromatic hydrocarbons (from auto exhaust) and organochlorine pesticides. Of course there are about 75,000 different chemicals produced in the United States each year, 3,000 of which are produced in quantities greater than 50,000 tons each year.

Chemicals that were banned decades ago persist in the soil, air and water. DDT, banned 34 years ago, still exists in detectable levels in many people. It would be interesting to see the CDC's result if all of these chemicals were tested for.

Recent studies have detected these pesticides, plastics and polymers not only in umbilical cord blood, but in the placenta, in human milk and in the bloodstreams and body fat of infants. These substances may have far reaching effects on our health. One toxin threatening mothers and children is mercury. Mercury has been linked to breast cancer, autism and attention deficit disorder. In 2002, a study found that nearly 15% of American women of reproductive age have enough of this contaminant in her blood to endanger a developing fetus.

Feel free to contact our office or to go to our website to learn more about this important information. You can learn more about detoxification, contact us for a free audio CD.