

# Water And Headaches

## The Fact Sheet – Water and Health

One of the major causes for headaches is dehydration. To treat your headache naturally with water, it is a good idea to first find out what type of headache you have.

### Types of Headaches

First, there are chronic tension headaches that can result from stress overload, fatigue and even from physical problems, psychological and emotional issues and depression. Then, there are cluster headaches, which are categorized by coming in groups of one to four a day in a set cluster periods that could be days or months. Hormonal headaches are similar to migraines in that they affect only one side of the head, and nausea, vomiting and sensitivity also frequently accompany them to light and/or noise. Finally, there are sinus headaches, which can be experienced after a cold or other medical condition.

### Migraine

Without adequate water to flush away acidic waste products, it will build up like garbage in your cells. The acid irritates your nerve endings, sending pain messages to the brain. Dehydration can cause migraines.

### Dehydration

Water can aid as a treatment to all of these headaches. In tension headaches, it was noted above that a cause can be fatigue. Fatigue is a side effect of dehydration. So, if dehydration is the cause of the fatigue and fatigue is the cause of the headache, start by treating the fatigue and get hydrated. Tension headaches could also be a symptom of other problems, so if they persist it is a good idea to seek help from a medical professional.

### Prevention

As far as preventing headaches, staying hydrated can help. In fact, a very common form of headache can come in the form of caffeine withdraw. Of course, having a coffee or soda can give the body what it wants and help ease the headache pain, but it could also begin a vicious cycle. Since caffeine dehydrates, the headache prone may be better off avoiding it and instead drink more water, juices and decaf teas, coffees and sodas.

In essence, when dealing with headaches the pain can be relieved from water on the inside and out.

**For advice call 020 8539 4707**