

NATURAL HEADACHE HELP

Headaches have many causes. Some of which include lack of sleep, dehydration, caffeine withdrawal, alcohol use, nutrient deficiency, undereating, stress, lack of chiropractic care, etc.



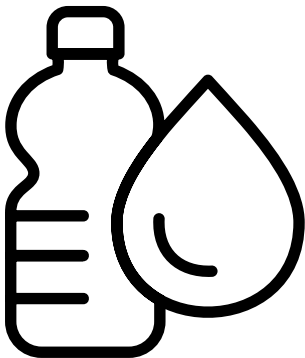
TIP 1: LAY FLAT

This sounds so silly but I am telling you...you **MUST** lay completely flat the second you feel the onset of a headache! We spend so much time looking down, at our computers, at our phones...our necks are **STRESSED!** We must take the pressure off the neck. **LAY COMPLETELY FLAT ON THE FLOOR. NO PILLOWS.**



TIP 2: NO LIGHT

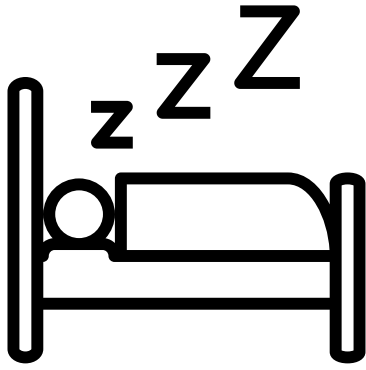
Turn off the lights! Light can worsen pain during a headache by activating nerve cells in certain areas of the brain. Not to mention, headaches are generally caused by stress. Light is a stimulus. The more stimuli we take away, the more we can calm the brain to cope with pain.



TIP 3: HYDRATION

Dehydration is a major cause of headaches! It's also a remedy! All too often we are drinking water in adequate amounts but we are not truly hydrating ourselves. **YOU NEED ELECTROLYTES!** You can take water, some pink himalayan salt, and some lemon to easily hydrate yourself or I am linking my favorite electrolytes below!

[**LINKED HERE**](#)



TIP 4: SLEEP

Sleep deprivation can be detrimental to your health in many ways and may even cause headaches in some people. In fact, research shows that poor sleep quality and insomnia are associated with increased headache frequency and severity. You're aiming for 7-9 hours a night consistently.

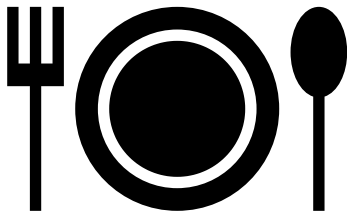


TIP 5: MAGNESIUM

Magnesium is an important mineral necessary for countless functions in the body, including blood sugar regulation and nerve transmission. Evidence suggests that magnesium deficiency is more common in people who get frequent headaches than in those who don't. I take magnesium every single night! Linking one with all 7 forms of Mag!

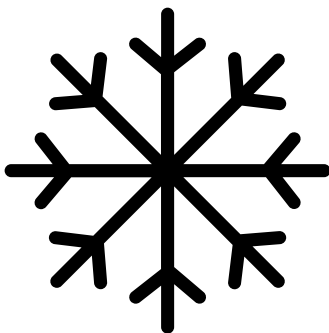
CODE: JESSIE10

[LINKED HERE](#)



TIP 6: EAT REGULARLY

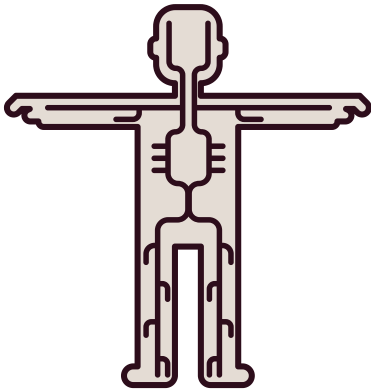
Undereating and restricting calories could cause you to develop a headache. Make sure you're consuming enough calories throughout the day, and don't go long periods of time without eating. Remember, spiking your blood sugar regularly as well can contribute to headaches as well so be sure to not consume "naked carbs" (carbs without a protein and fat)



TIP 7: COLD THERAPY

Applying cold or frozen compresses to your neck or head area decreases inflammation, slows nerve conduction, and constricts blood vessels, all of which could help reduce headache pain. I like to place a cold pack on the back of my neck and front of my forehead.

[ICE PACKS](#)

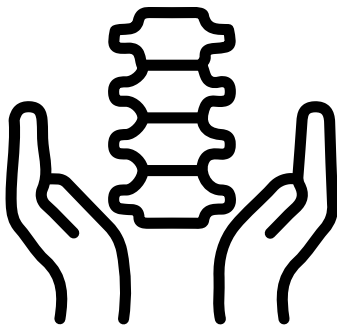


LYMPHATIC HELP

Now, a big contributor to headaches is lymph blockage! I will link my lymph guide here for you as well as a how to video that goes over using a gua sha for headache relief. PLEASE go through that guide linked below.

[LYMPH GUIDE](#)

[HOW TO VIDEO](#)



CHIROPRACTIC

When the body is out of alignment, it can cause such severe headaches! That was my issue.. When I started visiting with a chiropractor regularly, my headaches improved! A quick note about chiropractors, not all are the same! I would try to find out in your area that has a practice...don't go to one of the chain chiropractic places such as The Joint. Also, they will take cash payment as well as insurance. Some even offer a subscription!



NO ARTIFICIAL FRAGRANCE

STOP with the artificial fragrance in your products! Not only do all of those fragrances cause extreme bodily disruption in regards to headaches, they CAUSE THEM! Yes, they do. The word "fragrance" his is an umbrella term for thousands of chemicals that are untested and potentially unsafe. Fragrance is used in soaps, shampoos, beauty care and skin care products, and cleaning products. **Health Effects:** Fragrances trigger allergic reactions, respiratory issues like asthma, headaches and hormonal disruptions.



HORMONE KIT

Hormonal headaches are REAL! When our bodies are out of balance in regards to hormones, the result sometimes are frequent and severe headaches! If you are confused on where to start with balancing your headaches, the Hormone Kit is MONEY! Ever since I started using this I no longer get hormonal headaches.

FIRST TIME PURCHASE 20% OFF CODE: JESSIE20

[LINKED HERE](#)



GOLDEN TIGER PAIN RELIEVER

NOTHING brings me relief as quickly and intensely as this stuff! I have one in my bag, my car, my office, my house, etc. It simply rolls on and acts fast with a cooling effect and the pain soothing properties of willow bark. I used this while pregnant as well and it was a life saver! Everyone calls it "the sauce" LOL!

[LINKED HERE](#)



CRYO ROLLER

This thing is magical! Pop this bad boy in the freezer & then roll on your neck, shoulders, temples...wherever you need! This is also so great for sore muscles anywhere on the body!

[LINKED HERE](#)



CERVICAL PILLOW

One of my favorite ways to take care of my lymph is dry

[LINKED HERE](#)



MUSCLE & JOINT CREAM

I absolutely LOVE the Muscle & Joint from Rowe Casa! It works "slower" than the roll on balm that I listed above (it doesn't feel as cool as quickly) but it lasts longer for sure! It feels like it penetrates the skin at a deeper level. It can soothe cramps, muscle aches, etc.

FIRST TIME PURCHASE 20% OFF CODE: JESSIE20

[LINKED HERE](#)

@JESSIEHARMAN
SOUTHARDLIVING.COM



SINUS & HEADACHE SALVE

This soothing salve is a great go-to for relieving headaches or sinus & chest congestion. Peppermint and Eucalyptus essential oils, along with menthol work together to open your airways and bring quick relief to nagging head pain.

FIRST TIME PURCHASE 20% OFF CODE: JESSIE20

[LINKED HERE](#)



SINUS & HEADACHE RELIEF

The familiar smells of eucalyptus, peppermint, and lavender team up with five other incredible 100% pure therapeutic grade essential oils to quickly relieve headaches and sinus congestion leaving you feeling better and clearer. **TO USE:** Apply 1 pump, or desired amount, on sinuses, under nose, on forehead, or behind ears for relief. LESS "MESSY" THAN THE SALVE & EASY TO TAKE ON THE GO!

[LINKED HERE](#)



RELIEF

Inflammation is found at the root of most pain, Rowe Casa developed a formula that combines the most anti-inflammatory agents into one bottle. You can take this daily to combat inflammation or during the onset of a headache.

FIRST TIME PURCHASE 20% OFF CODE: JESSIE20

[LINKED HERE](#)



MAGNESIUM GEL

This Magnesium Gel can promote sleep, relieve anxiety, and soothe aching muscles. Magnesium is essential for over 300 biochemical reactions in our bodies. Magnesium deficiency can cause migraines, sleepless nights, fatigue, leg cramps, and muscle soreness. The most effective way to replenish magnesium without digestive issues is through skin absorption. I prefer the gel over the salve or spray. It dries quickly and is not sticky or oily.

FIRST TIME PURCHASE 20% OFF CODE: JESSIE20

[LINKED HERE](#)



PAIN POTION

Pain Potion is an herbal tincture that helps to bring relief from headaches and other body pains. Earthley combined five herbs to extract their anti-inflammatory, cooling, and soothing properties to help relax muscles and ease pain.

DISCOUNT CODE: JESSIE

[**LINKED HERE**](#)



CBD INFUSED PAIN RUB

Alight, hippie CBD rub infused with powerful herbs for pain relief. **St. Johns Wort, Yarrow, Ginger, and Rosemary** were all chosen for their anti-inflammatory, pain relief benefits. These are infused into a hemp seed oil base, and used as a final oil ingredient in the topical pain relief cream.

DISCOUNT CODE: JESSIE

[**LINKED HERE**](#)



HYLAND'S RELIEF

NATURAL RELIEF FOR MIGRAINES: pounding or throbbing pain, dull or frontal headaches, light or noise sensitivity, nausea, dizziness and blurred vision. MADE WITH NATURAL ACTIVE INGREDIENTS: No caffeine, acetaminophen, ibuprofen, naproxen, aspirin or other NSAIDS.

[**LINKED HERE**](#)



ARNICA

This homeopathic medicine helps temporarily relieve muscle pain & stiffness due to minor injuries, overexertion & falls. Also great for pain, swelling, & discoloration from bruises. I keep this in my bag everywhere I go! It is easy to take too! Just pop a few under your tongue to dissolve. They taste like sugar!

[**LINKED HERE**](#)