

One of the most common symptoms that many people suffer from is "headaches".

These include headaches from mental stress and tension, even migraines.

There are so many reasons why we experience headaches. Some might be known to us and some might not.

## Note

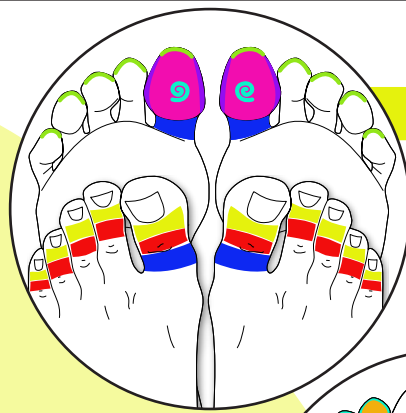
If you have a severely painful headache or a headache that does not go away, it may be a sign of serious illness, so seek medical attention immediately.

These Reflexes from step 1 to step 5 are great areas to focus on when dealing with headaches. Pay special attention to these areas as you work and spend more time there to help relieve and prevent headaches.

## How to work with headaches - Video

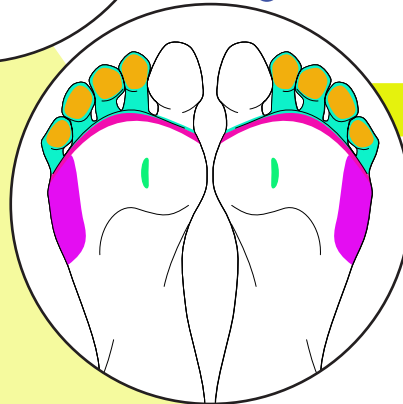


<https://youtu.be/D9ndQig4LWU>



### STEP 1

- Head
- Top of Head
- Side of Head
- Pituitary Gland
- Teeth/Jaw
- Neck



### STEP 2

- Sinuses
- Eyes & Ears
- Shoulders
- Shoulder Joint
- Thyroid Gland



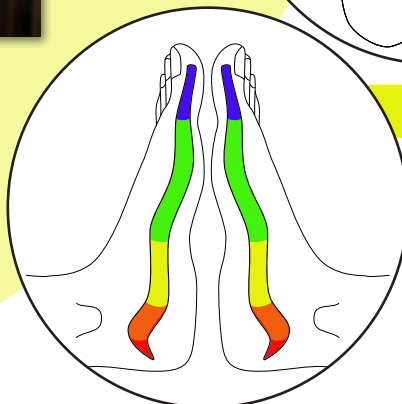
### STEP 3

- Solar Plexus (Kidney 1 point)
- Diaphragm



### STEP 4

- Liver
- Pancreas
- Large Intestine



### STEP 5

- The Spine
- Cervical
- Thoracic
- Lumbar
- Sacrum
- Coccyx