

## **Brain Bites – Head Aches – What are they and What can I do to feel better? February 2010**

### **Category - Headaches**

Our clients report greater productivity, focus, life balance and higher energy levels, as well, a significant number them report a greatly reduced experience of headaches and migraines since taking our training.

Cognitive fitness moves us from a survival based stress-mode, into a thriving and balanced state. When that happens, heaviness and tension disappears, and we become lighter, clearer, more alert and focused.

Here is a fun article by Science Comics on “Headaches”, written by Dwayne Godwin & Jorge Cham.

Your brain has no pain receptors. So where do headaches come from?

Ancient cultures believed headaches were caused by headache demons and some would even drill holes into the skull to relieve them.

One ancient Egyptian remedy prescribed clay crocodile hats. (You'll look so silly you will forget your head hurts!)

Headaches are still mysterious, but there are several known types:

Cluster - sharp pain behind the eye

Tension - like a vise squeezing your head

Migraine - intense, may affect vision

In migraines, one theory is that the sensation of pain comes from the membrane that envelops your brain called the meninges.

Inflammation in the meninges caused by swollen blood vessels triggers the trigeminal nerve, which relays the pain signal to the brain cortex. The cause of this swelling is still unknown, but it's often preceded by waves of depressed neural activity.

Cluster headaches have been linked in studies to the body's internal clock in the hypothalamus...people who suffer from them can often set their clocks to when the headaches occur.

What we do know for sure is that most common headaches are triggered by stress. So remember to relax. You need another headache, like you need a hole in the head!

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Interesting to note that while neurological science doesn't know all of the 'ins and outs' relating to the brain, we certainly know that reducing stress always has a positive effect.

Integrative movement reduces stress and moves us into balance, quickly and effectively. Brain Gym® actually clears physical, emotional and mental stress and positively shifts attitudes so the individual can engage in any situation or environment using their whole brain.

Brain Gym® is now a core stress management modality endorsed by the ***Centre for Addiction and Mental Health in Toronto***. It is a self help tool to optimize daily performance and overcoming stress.

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., train clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.