

When a patient presents with headaches as their chief complaint, they pose a major challenge to the treating practitioner. There are more than 150 different types of headaches. Different headaches have their own set of symptoms, happen for unique reasons, and need different treatment. The key to unraveling the headache mystery is defining the underlying cause(s).

Uncommon causes for headaches:

1. Cranial suture headaches:

- a. Cause by jamming of the cranial sutures in the skull.
- b. Correction: cranial manipulation to release the compression.
- c. Symptoms: constant headache; pain worsens with weather changes.

2. Vitamin B

- a. Cause: eating too many refined carbohydrates depletes B-complex vitamins.
- b. Cure: administer food based B-complex vitamins.
- c. Symptoms: Constant dull headache.

3. Reversed motion of the sphenobasilar symphysis

- a. Cause: whiplash injury, various forms of trauma: falls, ruff chiropractic adjustment, extraction of a tooth, orthodontic treatment, blow to the head, etc.
- b. Cure: cranial manipulation.
- c. Symptoms: Constant headache; pain worsens with weather changes or flying.

4. Hypothyroidism

- a. Cause: an underactive thyroid
- b. Cure: define what is in the thyroid causing the dysfunction.
- c. Symptoms: headache worse upon arising and gets better as the day progresses.

5. Gallbladder headache

- a. Cause: thickened bile due to deficiency of the lipotrophin factors (emulsifiers): choline, inositol, lipase, ox bile, methionine, betaine, folic acid, and B-complex vitamins.
- b. Cure: thin the bile for 6 to 8 weeks then do a gallbladder flush.
- c. Symptoms: pressure in the chest and pain up the back of the head.

6. Tyramine headaches (breakdown of tyrosine)

- a. Cause: fermented foods: pickled vegetables, wines, citrus fruits like orange, grapefruit, lemon, lime, and tangerine contain high levels of tyramine. Ripe bananas, pineapple, and avocado should be avoided if you are particularly sensitive to tyramine. Fermented alcohol contains tyramine. Beer, red wine, vermouth, sherry, and some liqueurs have high amounts of tyramine. Aged cheeses: cheddar, blue, swiss, parmesan, feta, and Camembert. Aged cheddar contain a compound, spermidine, which prevents liver damage.
- b. Cure: avoid these foods.
- c. Symptoms: Migraines, nausea, sweating, rapid heart rate, chest pain, and shortness of breath.

7. Constipation headache (Intestinal toxemia)

- a. Cause: Too much processed foods, lack of fiber, destroyed bacterial flora, and hypothyroid. Chemical produced by proteolytic bacteria: ammonia, putrescine and cadaverine results from purification of tryptophan, histamine, tyramine to name a few.
- b. Cure: High colonic with ozone, probiotics, raw juices, organic foods, organic, cold pressed
- c. Symptoms: asthma, abdominal distension, exophthalmic eyes, heart palpitations, acne, confusion, fatigue, and nausea.

8. Mercury headache

- a. Cause: too much consumption of fish, too many mercury fillings
- b. Correction: reduce consumption of fish; remove mercury fillings.

c. Symptoms: migraine headaches.

9. Estrogen dominance

a. Cause: Hypothyroidism, low progesterone levels.

b. Correction: Sulforaphanes (broccoli sprouts); also kills cancer stem cells; c. Symptoms: PMS, depression and anxiety, especially correlated with your cycle; Heavy bleeding or postmenopausal bleeding; spider or varicose veins; breast cysts, fat around your hips and cellulite; bloating, puffiness, or water retention. **DIM (Di-idolyl-methane)**: Helps break down estrogen. Kale, cabbage, collard greens, radishes, cauliflower, broccoli. **Calcium D-Glucarate**: supports estrogen metabolism.

10. Cavitations (infections in the jawbone)

a. Cause: residual infections from post tooth extraction.

b. Correction: ozone injections, surgery, frequency treatments.

c. Symptoms: Frequent headaches.

11. EMFs (Electromagnetic Frequencies)

a. Cause: wi-fi, cell phones, 5G, TATRA emergency frequencies.

b. Correction: diodes on phones; turn off wi-fi (hard wired). Faraday cage around smart meter and routers.

c. Symptoms: headaches, dizziness, nausea, joint pains, and insomnia.

12. Brain allergies

a. Cause: food allergy that can directly affect the brain. Chicken, pork, wheat, peas or any food for that matter.

b. Correction; acupuncture; avoid the foods.

c. Symptoms: brain fog, fatigue, headaches, irritability.

13. Optometry headache

a. Cause: faulty lens prescription (wrongly placed prism or actual lens strength discrepancy

b. Correction: Correct the lens prescription

c. Symptoms: headaches and neck pain

14. Malocclusion headache

- a. Cause: improper bite alignment
- b. Cure: adjust the cranium and bite.
- c. Symptoms: headaches, neck and low back pain.

15. Ill fitting denture headache

- a. Cause: dentures are worn down resulting in a loss of vertical height.
- b. Cure: remake the dentures restoring the vertical height.
- c. Symptoms: headache, neck, arm and low back pain.

16. Sacroiliac headache (Category II)

- a. Cause: SI joint is sublimated or out of alignment. Hypothyroidism causing weak ligaments; distortion of the temporal bone which is the reciprocal link to the innominate bone.
- b. Cure: Define the underlying cause and fix it.
- c. Symptoms: headache, pain down the front or side of the leg; unilateral low back pain.

17. Mold inhibitors (calcium propionate or sodium propionate)

- a. Cause: These chemicals are used in food (breads, rolls, and other baked goods, poultry stuffing,, chocolate products, processed cheeses, artificially sweetened fruit, jelly and preservative, pizza crust), to inhibit the growth of mold and rope.
- b. Cure: Eliminate these products from the diet.
- c. Symptoms: Allergic reactions have been reported in 4 to 18 hours after ingestion. Migraine headaches; stomach and intestinal disturbances similar to gallbladder attacks.

18. Fluoride headache

- a. Cause: Fluoride is a halogen that suppresses thyroid function.
- b. Cure: Stop using all products containing fluoride; filter your tap water.
- c. Symptoms: migraine headaches, acne, gastric distress.

