

HEADACHES



&

Coherence 123



Headaches & Coherence 123

Here are some great healing tips on headaches. Headaches can be a real headache. (Sorry I couldn't resist it). We've got to get rid of your headaches right away.

Alkaline Diet

One of the things I notice is sometimes the PH balance can be off and the person could be too acidic. To help this, drink some alkaline water and alkalise your diet.



Get more vegetables into your diet. Start a detox. I like to use lemons. Lemon juice squeezed in water is good.

What I think is even better is, take the whole lemon, put it in a blender and blend it up. It's very mushy and thick, but if you drink it down you're going to start detoxing the liver and all the cells of the body very rapidly. Toxicity is one of the main causes of headaches.

Meditation & Rest

Do some meditation and get some rest. You need some down time, because you can't function properly when you've got a headache.



For some people their migraines can be scary because they can get worse overtime and stop you from sleeping properly and give you many other symptoms.

Allergy Testing

Get tested for allergies. This is another major cause for headaches.

If you have insomnia, make sure that you're not in fight or flight mode or the sympathetic nervous system.

You need to get back into the parasympathetic nervous system so you can let things flow.



Organic Food

Organic green veggies are very important, they alkalise the system. Eating foods that do not contain sugar, gluten or deep fried foods.

All these things can contribute to toxicity, which is directly related to headaches.

Check Your Emotions

Another thing on the psychological level that is really important is to look at your emotions. I've noticed in research that people who are prone to goodism, (I mean people pleasing and perfectionism) have a different level of stress than some of the other personality types.



They're constantly worrying that things aren't right, they are not pleasing enough people.

Fatigue can be a problem that causes headaches too. Also look to see if you are overworking or repressing negativity. If you are, you've got to get help with that.

Natural Therapist

If you need to get a therapist or a healer get one who can help you express these negative emotions that you stuff down.

Otherwise, it comes out in different people in different ways. It may show in you as a headache that comes and goes. It takes away from the quality of your life.



Coherence 123

Coherence 123 is really effective. It's a combination of EFT (tapping), Psych K, which is psychology kinesiology and 9 positions, which is akin to releasing trauma from the body-mind that may have been stored up and is contributing to your headaches.

You can research Coherence 123 through Global Healing Exchange get training on how to do this. It's very simple.

You can do it for yourself and it will strengthen your overall health and immune system. It also affects emotional and psychological issues as well.



I hope a couple of these tips are really going to help you. I want to see you let go of those headaches and have a free happy life.



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

