

Ojoción Ingram

The
Little
Big
Headache
Book

A Sufferer's Homemade Approach

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IZUBLINE

Dedication

To Veronica, Ben, Mossen, Roger, and Brandon for their unflagging warmth and support through years of efforts.

To Mike, Matt, Rich, Moses, and Max, my SF brothers.

To Piccolo and Furgood too.

To Dr. Capaldini, Dina, Denise, and wonderful Dr. Berger.

Almost lastly to Jodi, Intelligent Life Form, lucky planet to have her.

And, finally and forever, to my beloved "father" Norm Kaplan.

Hello...

If you're anything like me, you've lost a quarter of every year of your life with your head in your hand, on your bed, waiting out the miserable aura of twinkling lights around your eyes – and then the pain. Death seemed like an option.

There are many causes to investigate:

- Allergies
- Hormonal Changes (in women from about 36 to 56 years of age, and the hormonal data exist for men too.)
- Food Additives
- Motion Sickness
- Vision Issues

- Atmospheric Pressure Systems
- Stress Triggers
- Heredity
- Chromosomal Damage

Whatever your trigger, I've got some home remedies that have restored most of my life to real functionality.

My bodywork clients keep reporting great results, so I thought I'd package these ideas affordably and share them with you.

Here's to getting your life back!

P.S. Search for both a compassionate physician and an alternative professional, who can work in concert for you.

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Introducing myself

I'm not a doctor. I'm a 58-year-old woman who had a dramatic illness of the head and neck in my infancy. I suffer from almost daily migraines, am a licensed body worker, and have seen many migraine sufferers in my 17 year practice.

One day I was working on a client who is in her fourth week of a migraine while I was on my fourth day of one. She was an emergency room surgeon. We just had to laugh. I'll be sending her this little book.

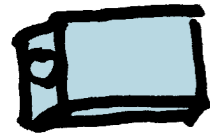
These "tools" are the very things I use in my everyday life to work, love, and create.

Tools for relief

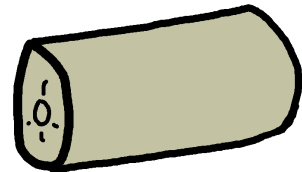
- ① One hot water bottle



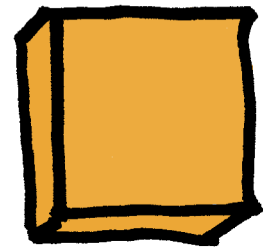
- ② A few ice blocks made for insulated lunch bags



- ③ A "dog bone" shaped neck pillow or a roll pillow



- ④ A good supply of your favorite bicarbonate of soda



- ⑤ Your favorite antacid



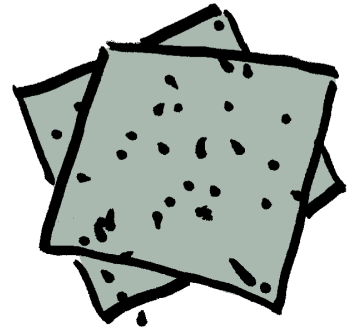
⑥ A box of saltine crackers



⑦ Very cold cans of your favorite ginger ale



⑧ A store of clean white washcloths



⑨ Tiny jar of Chinese medicinal balm for pain



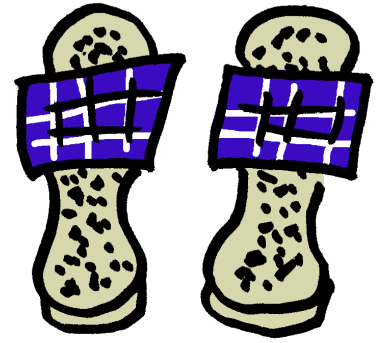
⑩ Your favorite vaporizing "chest" rub



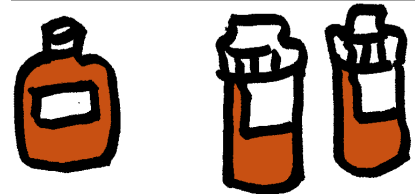
⑪ A nasal irrigating pot



12 If you can find them,
some Korean reflexology
sandals



13 Aspirin, acetaminophen,
or your pain prescription



There they are – 13 tools for relief from
your migraine, or at least to make you
somewhat functional.

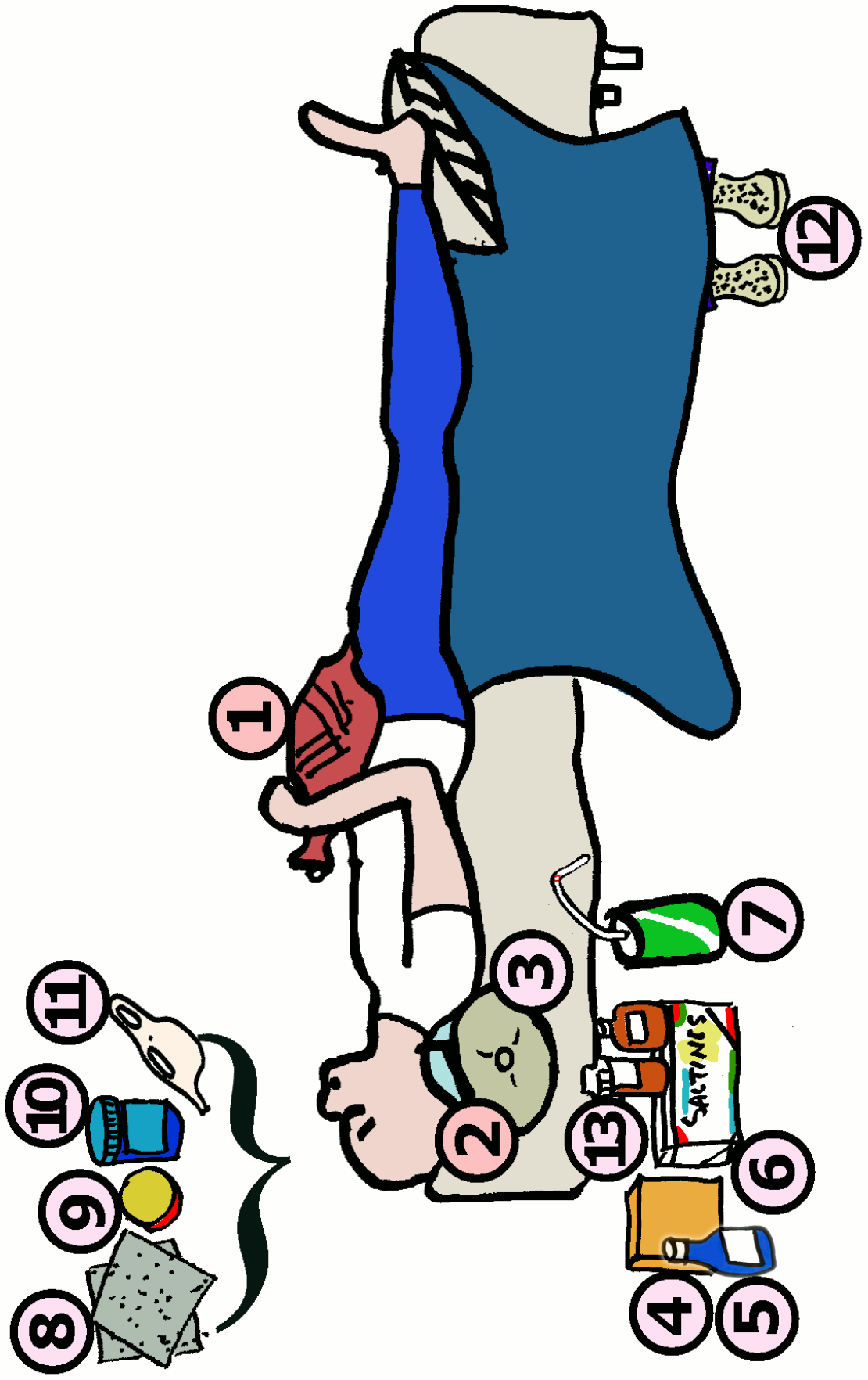
A total initial investment, minus your
prescriptions, of approximately \$60.

Using these tools

For me anyway, migraines involve my
stomach as well as my head and neck.

Therefore, I treat both areas simultaneously.

The picture on the next page shows how. The tools are numbered exactly like they are on the table above. Annotations follow, explaining each tool in more depth.



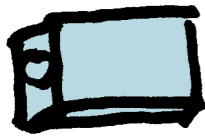
Comments on using these tools

1



I find resting my hands on the hot water bottle is most comforting, and, in a reflexology sense, most effective. Placed on my stomach, it feels like the hot water bottle speeds the medication I've already taken through my stomach and into my blood. In fact, I need to go treat myself right now. See ya.

... I'm back, two days later. That episode took a couple of hours and then I went to work, sipping cold colas for the caffeine and carbonation.



2

The ice block at the occipital ridge of the skull, I believe, has a lot to do with quelling the cranial nerves and constricting blood vessels. This action serves to activate the body's own immune system.

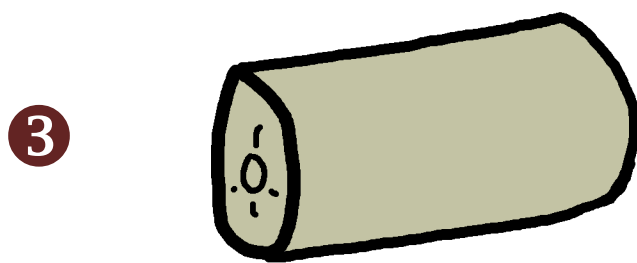
I wrap the block once in a terry dishtowel.

There's 1 and 2. *Always substantial fabric between my body and these tools.*

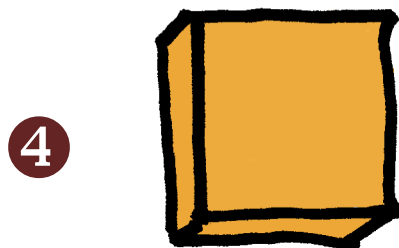
My upper freezer door shelf has a little army of ice blocks which I rotate in order. Sometimes my head is so warm that I'll go through three or four block changes in the day.

At night, quite often, I fall asleep on my

stomach with head to the side: stomach on the hot water bottle, temple of the worst-affected side of head on the ice block.



The neck pillow keeps the circulation and airflow in my neck open, which is important for drainage and circulation.



The baking soda has two very important uses here.
First to put in hot water, 1/2

teaspoon, to quell nausea.
Secondly, 1 to 2 cups in a hot bath
to activate lactic acid elimination
through the skin and the urine.
If bathing is difficult, soak your feet
and hands in it for a fabulous effect.

5



Antacid can quell nausea, and is
economical in the long run.

6



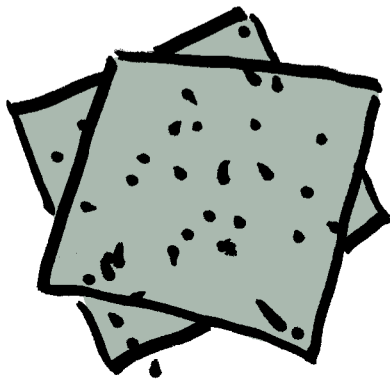
Saltine crackers and ...

7



... ginger ale over crushed ice are commonly used in hospitals to quell nausea.

8



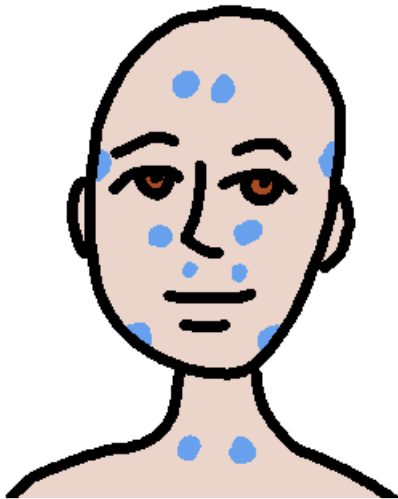
I take a washcloth and roll it up, wet it, wring it out, and heat it in the microwave for 1 to 2 minutes. I then carefully unroll it, let it cool until it's touchable, and drape it over my head and face and breathe the steam.

I've done it 10 times in a row for bad sinus blockage. I love it, but BE CAREFUL!! IT'S HOT!! You will, hopefully, feel some drainage from either one or both sides of your sinuses.

9



Asian balms are very well known these days. They're applied sparingly at the temples and sinus points of the face and neck:

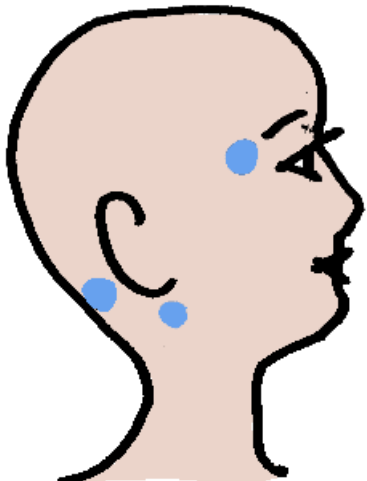


Even at the openings of the nostrils,
to promote deep breathing and a
vaporizing effect.

Also pressed into the webbing of the
hand:



This can also be applied up the back
of the neck as you learn to
investigate these regions more:



10



Alternatively, I'll paste a whole mask of vaporizing rub over my upper face. Just put a towel over your pillow to save the bedding.



Just pretend you're painting on a sleep mask.

And, of course, **don't get either balm or vaporizing rub in your eyes, silly creature!**

11



The nasal irrigating pot is something

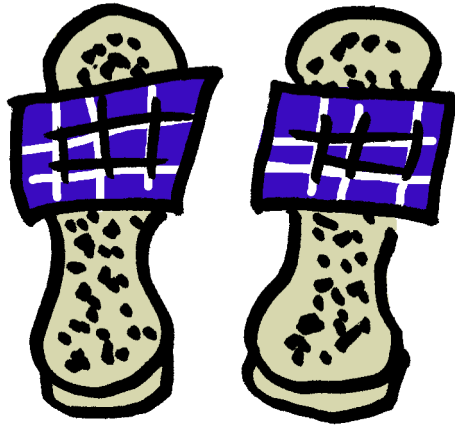
I frequently use, in combination with everything else, when the pain is stubborn.

I use a few grains of pure sea salt and pure warm water. It's done by tilting the head and irrigating the sinuses from one side to the other.

EWWWWWWWWWWWWW!!!

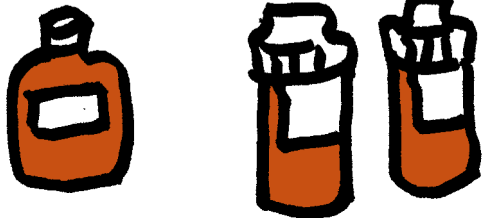
Believe me, once you've spat out the junk causing the pain, you won't think it's so gross. You'll lovingly clean that little porcelain genie lamp and keep it in a safe place, like I do. Costs \$10-\$20.

12



I've got a little 'graine now and when I get back home, I'm going to walk around barefoot on my reflexology sandals. Plus, my feet have been hurting for two days. The relief it produces kind of creeps up on you. It's prickly at first. It's said that there are 7000 acupuncture points on the feet, and I always start my clients' massages with Singaporean foot reflexology.

13



Last, but not least, meds.

Some people elect no meds. If I compare my pain threshold to theirs, I'll bet I'm a wimp, but *c'est la guerre!*

I've got things to do, and even though I can't do monumental things, I can do something to earn my spot on this planet. So, medicate me and watch me go!

If you need them, you need them. If not, *vive la différence!*

Room for your own notes...

Meds and being an informed patient

One thing I did find out, just talking to folks I met by happenstance who were identically medicated, was that I was *overmedicated*. Do a survey, ask around, read up, ask your doctor everything. A quiet patient is a dead patient.

Now, I take 2/3 of what I'm prescribed. I don't feel like a speeding train anymore.

I've tried Chinese migraine pills, to no avail. I'll keep looking around and trying different things.

Here are some common Western migraine meds you could check out with your doc:

- Ultram
- Ergotamine
- Tylenol
- Tylenol #3
- Ibuprofen
- amitriptyline (for anxiety)
- temazepam (for sleep)
- Imitrex (didn't help me at all; might help you)
- Benadryl (to clear sinuses and sleep)
- Claritin (to clear sinuses)
- nose sprays
- cortisone (drastically reduces inflammation)
- some seizure or ulcer meds
- Zomig

- And others. They're always coming up with more stuff.

I recently learned that if some of the price points for pharmaceuticals are prohibitive, you can ask for "compassionate use" for free or super cheap. Sometimes the doctor's office handles this for you, and sometimes you begin by writing the company as a patient.

The trick is not to become too dependent on any one of them... I mean, what if you get a \$100,000 contract and have to relocate for six months where only upper Martian is spoken or something? Anyway, it's sensible to have more tools in your kit so that, if something happens to your meds, you still have ways to cope.

Random tips

Now all you need is a quiet dark room...

Negotiate an hour, or two or three, with a dark towel over your eyes.

If time is not a factor, fall asleep with your tools in place.

When living in damp climates, or during cold weather, wear warm and dry shoes and socks; keep the back of your neck and top of your head warm; and, at night, wear at least a crewneck t-shirt to bed. 70% of your protective body heat is lost through these areas if they're not insulated.

Migraine onset

- One of the coldest cans of carbonated, caffeinated cola you can find. Roll it on your forehead or drink it with a straw.
- Ice block/hot water bottle/feet up regime, with or without medication.
- If you can control it, no light and no motion.
- If you get heartburn or throw up, be sure to brush your teeth after. The stomach acids really damage teeth.

Recovery

When recovering, use a cotton swab to dot Kwan Loong Oil on your facial sinus points, the same ones you put balm on. Kwan

Loong Oil is available from your favorite Chinese herbalist.

For getting nutrition and electrolytes carefully back into your life, see the recipes in the next section.

Be realistic.

Be peaceful.

Post-migraine safe & slow recipes for recovery

Ready to eat again? Try these recipes.

Rice with apples and tamari

To relieve rock 'n roll stomach, lightly boil:

- Half cup basmati rice
- one Pippin or Granny Smith apple, cut into pieces
- 1 tablespoon tamari sauce
- 1 tablespoon margarine or butter

Simmer together until the rice is cooked the way you like it. Stir and eat slowly. Eat it while it's still warm.

Gingery float

Heaping spoonful of vanilla ice cream in a glass. Fill it up with your favorite cold ginger ale. Sip slowly.

Hot broth

Warm up chicken broth. Or, pour a little hot water over a bouillon cube, mash it up and mix it in, then fill the cup with warm water. Sip slowly with 2 saltines.

Salted apple

Slice your favorite kind of apple on a plate or paper towel. Sprinkle it with sea salt. Nibble slowly.

Weak tea

There are several ways to make weak tea:

- Pour boiling water over the teabag and let it steep 1-1½ minutes. Remove the bag and set it aside for later. Drink the tea. Re-use the bag.
- Pour boiling water over the teabag and let it steep for 1 minute. Pour off that tea. Pour boiling water over the used teabag. Now you have low-caff, weak tea.
- Make a several-serving pot or pan of tea with only one teabag. That will make several cups of weak tea.

If cream or sugar is not a problem for you, you can add them to your tea. Sip it slowly.

Room for your own notes...

Recommended resources

Here are books, therapies, and resources which I can definitely recommend from my own experience and that of my clients.

Recommended reading

The Doctor's Book of Home Remedies II

by Sid Kirchheimer (*Prevention Magazine*)

www.abebooks.com

Eat Right for Your Type

by Peter D'Adamo

Immune Power

by Dr. Jon Kaiser

Are You Confused

by Paavo Airola

Before the Change

by Ann Louse Gittleman

Our Bodies Ourselves

by the Boston Women's Health Collective

www.abebooks.com

Dr. Abravanel's Body Type Diet

By Dr. Elliot Abravanel

Recommended therapies

I'm a bodyworker with head pain. These are some ways to work with your body and mind.

- Cranio-Sacral Therapy
- Esalen Massage
- Singaporean Foot Reflexology
- Visualization techniques

- Meditation, sitting as well as moving

Resources for tools

Since the internet, people with adequate vision or adaptive equipment can get everything online. For those of us who use the phone instead, here are some sources.

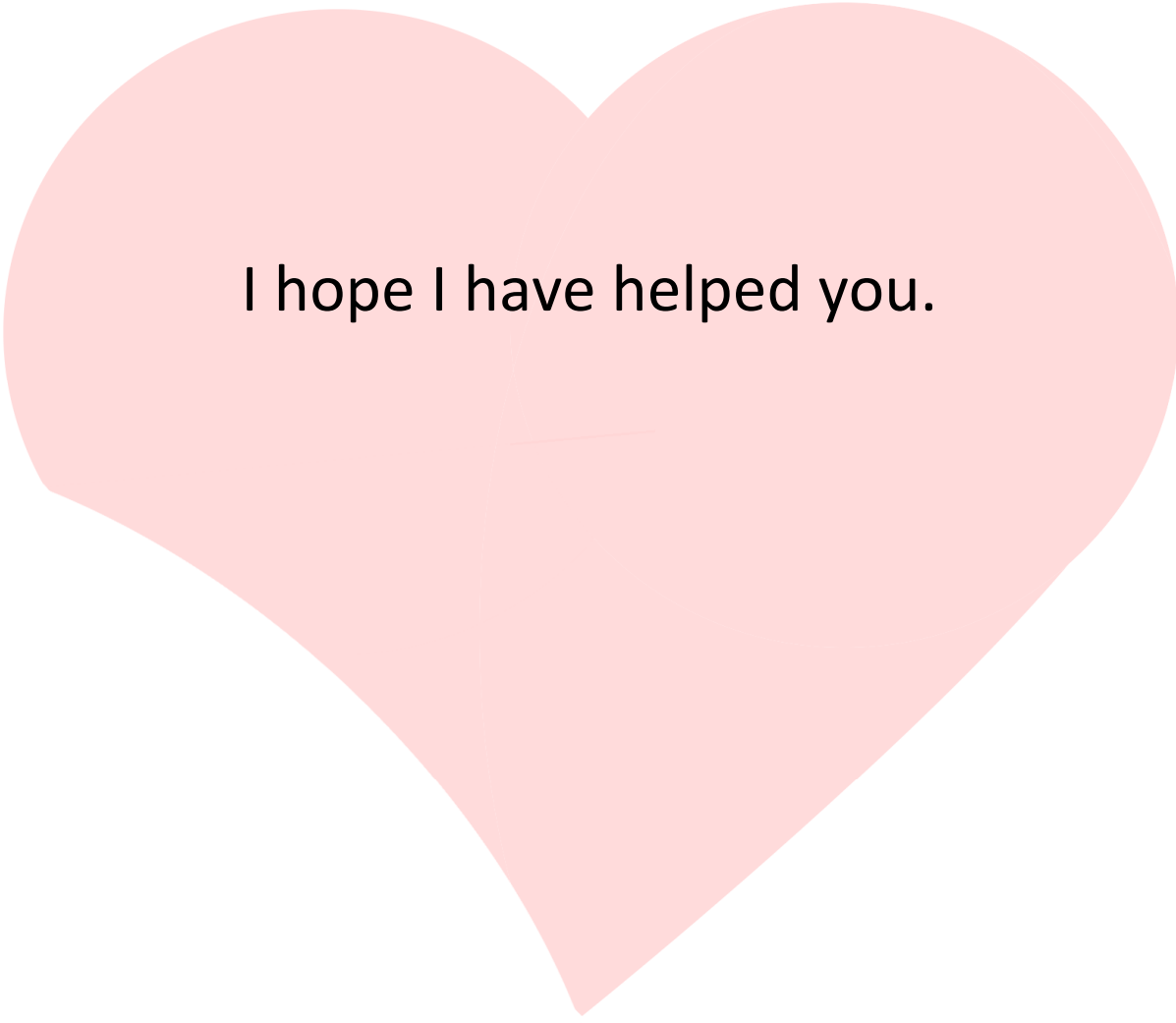
- The netti pot is available at some major pharmacies like Walgreens, or by calling a health store like Internatural (In the US, call 1-800-643-4221; outside of the US, call 1-262-889-8581) or Vitacost (1-800-381-0759.)
- Vaporizing rub is usually available at your local pharmacy.
- Tiger Balm (the most famous Asian balm) and Kwan Loong oil are both

available direct from the manufacturer in Hayward, California. Their number is (510) 887-1899.

Kenkoh reflexology sandals are available in several colors and styles at Happy Feet Plus, (800) 336-6657 during East Coast business hours.

Everything else should be available at your local pharmacy or grocery store.

Room for your own notes...



I hope I have helped you.

Marcella “Ojoción” Ingram has been a licensed massage therapist since 1991.

She has a B.A. in Creative Arts, an M.A. in International Business Communications, a National Endowment for the Arts Fellowship and an accomplished career as a jazz vocalist – despite beginning her life with childhood blastoma cancer of both eyes and both retinas in 1949.

She enjoys advocating publicly for transportation, complementary health issues, and human rights... when migraines permit.

She moves and grooves in beloved San Francisco.

