

WAVE THERAPY



Stop The Pain!
Headache and Migraine
Edition



SAMUEL J. WINTERS

WAVE THERAPY

STOP THE PAIN!

SERIES 3



**HOW YOU CAN
APPLY
THE HEALING ART OF
WAVE THERAPY
TO
REDUCE THE PAIN OF HEADACHE AND MIGRAINE
IN AS LITTLE AS 5 MINUTES OR LESS**

By
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Published by Samuel J. Winters

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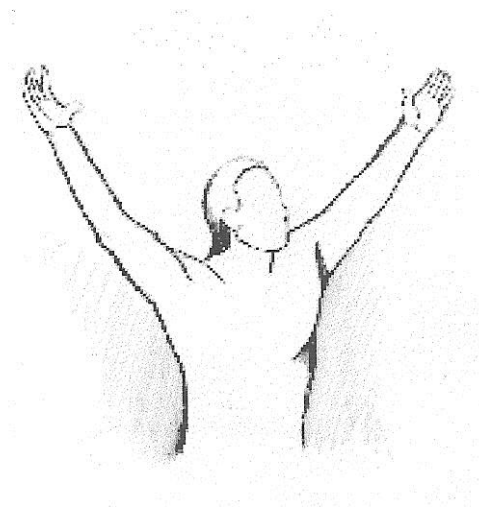
The hardcopy of the entire version of Wave Therapy, Your Power To Heal can be found at:

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Introduction

Wave Therapy, Your Power To Heal

You have the power to heal! It's true. You only have to try out the simple method you'll learn in this eBook to experience for yourself the natural built-in healing ability you have to help someone get over the pain of headache.

Every one is born with this skill. The secret of this power you have within you is connected to the very earth you live on. You'll find out all about that later.

Right now, I just want to take some time to encourage you that using this method of natural healing can help you and your loved ones reduce the pain of most headaches incredibly fast. I say "most" because there are many types and causes of headaches. Some kinds you may be familiar with and some not. There are tension headaches, chronic daily headaches (CDH), cluster, patent foramen ovale, migraine which can be due to many causes such as dental issues, depression, low magnesium, genetics (mitochondrial) dysfunction, menstrual, photosensitivity, sleep disorders, use of oral contraceptives, and a host of other triggers. Lots of words and types there.

But, what we'll focus on here are the big three; Tension Headaches, Cluster, and Migraine.

What you'll discover about your healing abilities in this little eBook may seem very different and unusual to you when you first read about it. But, if you try it out, give it a shot, you'll see for yourself that you DO have this remarkable ability to help yourself and others to reduce the pain of a common headache to zero. And in my experience it usually takes just a few minutes.

The reason why you might not think this tool you'll learn about here will work for two reasons:

- It may look too simple for you to even **believe** it could work, and or
- You may think you may not be able to **make** it work.

You may say like, "Nothing real could possibly happen to help another person to get rid of headache pain simply by me holding my hands around their head?" But, you can. I do it all the time. And I show other people how to do it. They just need a little encouragement.

A Migraine Story

I heard a report from some people at a church meeting where one person was suffering from a migraine headache. It has been so bad that she had nearly been incapacitated for about a week.

A few people present at the meeting who had learned Wave Therapy from a workshop I had given, instructed a couple of others on what to do. So, they all gather around her to see what they could do to help.

They all placed their left hand palm around her head and their right hand palm facing the floor. Within just a few minutes the headache pain had been reduced to a mild ache behind the lady's eyes. Since they were satisfied with that results they stopped and continued with the meeting.

After the meeting she was asked how her headache was and with a surprise she announced, “It’s completely gone!” She had even forgotten about it. A week later there still had been no reoccurrence of the headache.

Like these people, take a chance with what you learn here and see what happens. You have nothing to lose, but the pain!

What You Will Learn Today

There are 7 chapters in this eBook. However, if you’d like to get right to it, you can go directly to Chapter 4 and 5 to learn [The Basics](#) and [How To Do It](#) and skip the rest till later. You don’t really need to know the why’s and how’s of how this method works for it to work. If you just follow the steps you’ll get results.

In Chapter One, [How Energy Healing Works](#), you’ll discover how and why the method of Wave Therapy works to assist another person to heal naturally. It’ll be information you learned in grade school about magnets...but being a kid you just didn’t give it too much attention at the time as being something useful other than having fun with the way magnets stuck to things and other games. Not information you ever thought would be useful in the grown-ups world. That’s because you weren’t taught how magnetic energy could have an effect on health.

Now as an adult you need a little reeducation. To add a little history why we might not consider using complimentary medicine like you’ll learn here is, that since the discovery of penicillin, most of us have been trained to rely solely on medications to fight off pain from headaches. But, in the many centuries before the discovery of modern medicine, methods of healing like you’ll learn here were commonplace. Today we’re rediscovering those ancient ways to health as with herbal remedies and acupuncture. Wave Therapy is a modern rediscovery of one of the old ways to healing. Its an ancient art finding its way back into mainstream medicine.

[In Chapter Two](#) we’ll talk about what good health is in every day common language and in energy medicine terms.

Then in [Chapter Three](#) you’ll make a discovery about your own energy field. Quite an eye opener to learn this about yourself if you’ve never known about your own energy field before.

In Chapter Four and Five, [The Basics](#) and [How to Do It](#), you’ll learn exactly what to do, step by step, to try out for yourself what you learn in Chapter 3 regarding energy fields. This will be on how you can apply the Wave Therapy method to release your potential to help someone boost their ability to naturally overcome headaches and or migraines.

In [Chapter Six](#) you’ll find some rules. Gotta have some rules. Rules are good for everyone to know boundaries, so please pay attention to them.

In [Chapter Seven](#) I offer some final thoughts, more common illness you can address with Wave Therapy and contact information to learn more.

I’ve also added some [appendixes](#) containing additional definitions and medical information drawn from the Mayo Clinic and the National Headache Foundation. All medical information you may or may not be interested in it, but its there, if you are.

And finally, a chance to [sign up on my email list](#) if you haven’t already. See what’s coming!

What To Expect

When you work this method of Wave Therapy you can expect that the pain of a common headache can be drastically reduced or simply be gone in a matter of a few minutes or seconds. You may even see nearly all symptoms of the pain from a migraine, with possibly accompanied nasal congestion and nausea, reduced dramatically within two-five minutes. Not every type of migraine will be so easily resolved. For your first time out it may be a turn out to be a few more minutes to get results as you get the hang of it OR it could be even in LESS time!

What Not To Expect

When working energy healing or any other alternative/complimentary form of health do NOT expect that you can discontinue the use of prescribed medicines from your doctor without their prescribing so. Your doctor has a reason for those medications, because they are supposed to help you. The medications they prescribe are there to help your body fight illness. Your body sends pain signals because something is wrong. This may sound odd, but if you can consider this, we should be thankful there is such a thing as pain. It's a warning sign to pay attention.

Wave Therapy is another way to **assist** your body and yes, medicine, to promote healing and is not meant to replace medications or a doctor's advice. In fact, you'll find after working energy healing the body will respond better to what medication you may be on.

Also, for chronic headaches there must be a consideration of underlying factors that may be in play that are causing the pain that just don't go away with one treatment of energy healing. You may experience quick relief using Wave Therapy yet the cause may still be in your life, like diet, environment, or some underlying health condition producing the pain. For all chronic pain, especially pain that continues to increase in pain, always keep your primary care provider informed.

This Is Nothing New!

What I'm presenting here is nothing new. I wish it was because this would be a great discovery! However, the same concepts have been accepted and used for thousands of years throughout history only under different names and reasons for their effectiveness.

I've been able to trace its use back to possibly being referenced to the time of ancient Egypt. For example, remember the magnets we talked about earlier? Queen Cleopatra was known to wear jewelry that hung a stone over the middle of her forehead. That stone was actually believed to be magnetite. With a little imagination to connect some dots there may have been a good reason for that...their medical people could well have discovered the power of magnetic influence on health. Don't be too quick to dismiss the Egyptian history, they were extremely accomplished and many of our modern day surgical techniques come from what we have learned from historical findings.

Today, we better understand the physics and biology of the science of how ancient and folklore medicines work regarding how our bodies and environment functions in magnetic and electrical wave currents. I'm sure that the concepts we'll discuss here about magnetism and health will be nothing new to you, as well, just that some of the more obvious points may have been overlooked to make that knowledge useful. Like how a woman instinctively uses the correct hands and positions to calm a child's fever, pain, or nervousness. She naturally uses the hand

that is built into our physical system that calms, relaxes and soothes pain. Which you'll learn about.

Knowing how to work with Wave Therapy to help others overcome the painful, suffering, and often debilitating symptoms of recurring headaches and migraines is worth all your efforts in learning and practicing this information.

Amazingly quick results can happen! I've worked with many people to help reduce their pain level from headache or migraine to zero with or without their medications from as little as five minutes to 30 seconds or less. That's why this book is here, so you can learn to do it too.

Onward

Now, to keep this short and easy we're going to move on to find out how energy healing works.

I could give plenty of stories, because I'm practically a vigilante when I encounter someone with a headache, "OH! Would you like me to help you get over that headache?!" Few people have said no to that. When you're in pain, most people will try almost anything to relieve it, even allowing a near stranger sometimes (like myself ☺) offering to put his hands around their head in the hope he just might be helpful.

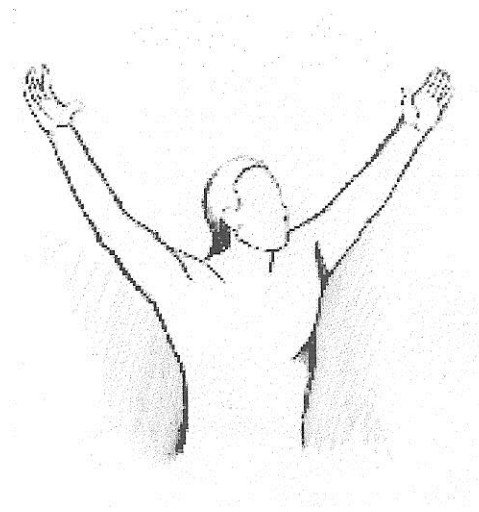
Since, it is helpful to know the why and how things work, on then to our next stop to find out how energy healing works through Wave Therapy.

If your curiosity and eagerness get the best of you and you'd rather skip the next section, it's perfectly fine. Like I mentioned before you don't have to know the why's and how's of this therapy to get results. The science of it all is still there regardless of whether you know and understand it or not.

You can jump to the [How-To](#) chapter and start immediately to practice what you find. You can always come back later to learn the other information.

My best to you in stopping and managing the pain of headaches and migraines with energy healing!

Sam Winters



Now...

With a short lesson from some simple science examples that you learned in grade school you'll discover how you were born with the amazing built-in ability to help others to heal.

This ability is hidden within information about...

Chapter 1

HOW ENERGY HEALING WORKS

You And The Magnetic Earth

How We Hold Together

Everyone knows the Earth has a north and south pole. Most of us at one time or another believed Santa came from one of them. I haven't a clue what story goes with the other pole.

Anyway. . .these poles have a positive and negative quality to them. You know about them, too. If you have ever held a compass you know that this little gadget has an amazing ability to point its needle in the right direction of north and south every time.



- One end points to the **North pole**,
- and
- One end points to the **South pole**.

A compass is able to do this because the metal in the compass has the ability to respond to the magnetic current that surrounds the Earth, drawing or repelling the points of the needle from or to the north or south poles. That's pretty strong stuff to do that, wouldn't you say? A bit of metal moving around because of invisible forces in the air!



The electromagnetic current that causes all this mysterious action flows in two directions that have been labeled as having both ...

- **positive (+) and**
- **negative (-) polarity**

...just like a magnet does. Not many of us usually think to compare the Earth to a magnet. But, that's what it is. And a very big one at that.

Everything in nature has this ability, from the Earth and the planets that circle the sun itself to the unseen workings of the atom. Everything in existence has a positive (+) and negative (-) pole in its nature to keep things in balance.

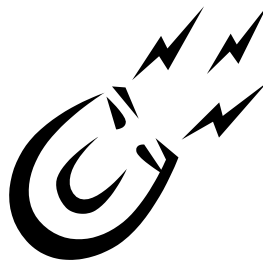
The negative pole has a quality that...

- **Pulls energy** flow by magnetism from one direction.

The positive pole...

- **Pushes energy** out in another, all in one nice circle around and through your body.

Everything Is Magnetic



Everything on Earth is magnetic in some way because of this magnetism.

A pencil, a piece of string, a book, and a flower, even an elephant all experience the magnetic influence of the Earth because they're inside the electromagnetic current. Everything is magnetic.

Magnetism Holds All Things Together

Magnetism is the power that enables everything we know of in existence to bind together to bring about the physical world as we know it. It's a magnificent process of creation. I like to think of it as God's way of using power creatively; an imaginative way of expressing divine Will for all things to hold together.

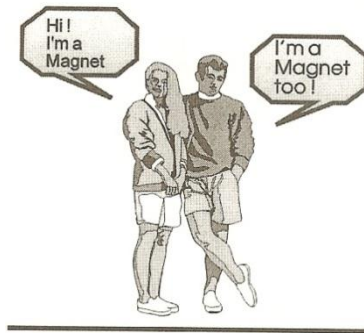
There's a verse in the Bible that says, "...by whom all things exist."¹ and "...in him all things hold together"² So, if you like, one way to think of the physics of magnetism is as a scientific expression of God's creative will that keeps all things in balance and in wholeness.

Without magnetism, we would have chaos. No stars circling in the galaxy, no planets circling the sun, no moons circling planets, no planets spinning in space, no atoms circling in motion, pushing and pulling, holding themselves in place to form everything that you and I see. Magnetism is a great power that holds all things together.

For people, magnetism is the force that keeps the flow and balance of what I call The Power of Life that maintains health in the human biological energy system.

Now, let's see how all this magnetism stuff has to do with you and healing, and what that has to do with getting over the pain of headaches and migraines.

People Are Magnets Too



Yep, just like the Earth, you have a north and south pole. You have both a positive (+) and negative (-) quality to you, and not just meaning your personality.

Like everything else on this Earth of ours, you take part in magnetism too. Just as the Earth keeps the flow of energy moving within and around it, your body acts the same way as a magnet does. Even though you don't walk about with arms waving around pointing to the north and south poles of the Earth like a compass does, your body is still influenced by the magnetic field.

That's because magnetism is a part of and can flow through anything. Even though we don't usually see it (some people do, called an aura) it's there just the same. Like we don't see air. It's there, though we don't see it . . . usually . . . unless you live in L.A.

Now we're going to discover why this little study of the physics of magnetism has to do with understanding how Wave Therapy works to assist in healing.

Your Body's Magnetic Poles

Like the magnet and every other thing on Earth, your body has the two poles of polarity that are positive and negative. Just like a magnet's strongest influence is at its two ends, the body works the same way where overall:

- **The top of the body is positive (+)**
 - **The bottom of the body is negative (-)**

Your Two Sides

Just as there is opposite polarity on the top and bottom side of you there are the sides to consider. The body has all kinds of places where it's positive or negative but we're going to stick to two main areas where:

The left side of the body

- **is Negative (-) and**

The right side of the body

- **is Positive (+)**

As we have discovered, the push and pull effect of the polarity of magnetism keeps energy flowing in a circle. Everything in nature does this, from the Earth itself to the unseen workings of the atom. Everything has a negative and positive pole inherent in nature; pulling in energy from one direction and pushing out energy in another all in a nice circle. Now for the BIG question?

Why?

My Only Answer: It just works that way!

Your Positive and Negative Hands

So, to move you further on your way to understand how you can help others to reduce their pain is to find out something else interesting about yourself. Since your left side is negative and your right side is positive, what follows is your . . .

Left hand is negative in polarity and your



Right hand is positive in polarity.



Why Are The Hands Important?

Wave Therapy is based on the principle that the hands are highly magnetic in nature. The end of any magnet is its strongest point, the weakest at the center. So it is the same with your hands as being at the end of your arms. They are the strongest ends of the flow of the Power of Life that flows along the magnetic lines of energy that runs in and out of your hands. The head is also a strong point as well as your feet for they are also at the ends of the body from top to bottom.

Our focus for now will be on your hands.

Your hands are what you will be using for Wave Therapy sessions to affect another person's magnetic balance and flow of energy. They effect change to the balance and flow of energy that will help reduce pain.

With your hands you can affect the positive and negative flow of energy that manages a person's health.

So, what is important about my hands being negative and positive? Glad you asked!

Your Left Hand - Negative (-) What It Can Do



The negative influence of the left hand. . .

- **Decreases pain**

(It also arrests growth of bacteria, virus and fungus. You can learn about this in the Wave Therapy, Beat the Cold and Flu edition.)

The amount of negative energy in your body will determine how well your body can manage the communication of pain. It also is central in reducing pain. More on why coming up.

- The left hand palm has the flow of negative energy

The left hand for our purposes here about healing from headaches is that negative energy naturally manages pain. Why? Because pain is positive in nature. Too much positive energy is overkill for the system to stay in balance.

When you get a cut you feel pain; positive energy is going to work for you to feel pain. This works the same for emotional and mental anguish, depression, anxiety, guilt, anger; all the “negative” harmful emotions. Positive energy is good for fight or flight responses, to tell you when you're near something like an open flame that can hurt your hand. BUT, unresolved, mounting positive energy, causes an imbalance and over time, illness...and with it comes chronic pain.

So, to counterbalance excess positive energy, you need to offer increased negative energy to balance it out.

This is where the Left Hand comes in. You use the left hand any time there is a need to reduce the pain of a headache or migraine. Negative energy also helps to cause relaxation from relief of stress, such as needing to sleep better, which is a welcome side effect of working Wave Therapy because, as you more than know, such pain doesn't allow for sleep...and sleep is necessary for recuperation.

Your Right Hand - Positive (+) What It Can Do



- Overall causes growth, and development physical strength of the brain, spine, bones, muscles, and skin.

Your Right Hand Increases Vitality

The amount of positive energy in your body determines your overall strength and vitality of the brain, bones, muscles and skin. Positive energy is what keeps your feet moving through the day; it's your get-up-and-go energy.

Too much unused positive energy in the body leads to a breaking down of the body's system from too much unresolved stress in life. In those cases, rather than strengthening, too much positive energy can lead to sickness and disease and headaches. In energy medicine thinking, this would be an overabundance of positive energy.

We all know what it's like to push ourselves to exhaustion without proper rest. That's what too much positive energy can do to you. During your waking hours your brain overall operates under the vitality of positive energy. When its time to go to sleep...your brain switches to negative. If you're having trouble sleeping consider that you have too much "brain work" going on and you need to let that positive energy go so you can relax...so your brain can switch to a negative state to go to sleep.

We also need positive energy in the body to keep us moving. But sometimes we build up too much positive energy for the body to handle. And that's where the pain of headaches comes into play from what ever trigger source. Additional negative energy is needed to fight the overload.

To sum it up, you need balance of negative and positive energy to maintain health. To fight off the pain of headaches and migraines there needs to be a balance of energy.

You can use your right hand (over the abdomen) whenever a person is low on energy or physically weak. Since positive energy stimulates growth, wherever there is pain, you generally don't use the right hand alone for it can increase the pain. (there are exceptions of course, when working with bones but we won't go over that in this eBook.) Otherwise, you will use the negative energy of the left hand which decreases pain.

There you have the two different influences that your left and right hand can have on a person's body and health. Now, let's take a look at the definition of good health and how this therapy can help.

Chapter 2

DEFINITION OF HEALTH

Good physical health is when everything in your body is working up to par. All the sources of energy that you have taken in can be used to sustain the normal function of your body at peak levels. In medical terms, this state of good health is called. . .



Homeostasis

Homeostasis is the natural state all living things work for to stay in health through the balance and flow of energy that is drawn in to the body through food, air, water and sunlight.

What Is Sickness And Disease?

When you are not in good health, you are in the opposite condition of homeostasis; a state of being out of balance.

When your body does not have enough energy to sustain yourself or for some reason can not apply that energy effectively as needed, then your body begins to break down and allows for sickness, disease and suffering to take over.

There are other ways you can get sick. An outside substance can get into your body that doesn't belong there, like a virus. In some cases, the wrong kinds of other living organisms that are incompatible with health grow in our bodies. These are called bacteria, parasites and fungi. (Some bacteria are needed for digestion.)

Any one of these conditions will result in a breakdown of the body's ability to function properly if you don't have the power to overcome them. This condition is known as sickness or disease. The amazing power of your body to fight against disease, virus, and the breakdown of health is called. . .

The Immune System

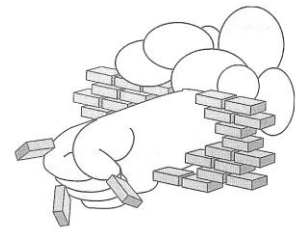
The immune system is a highly developed communication system with the job of guarding and launching attacks against harmful foreign invaders as a virus, bacteria and other contaminants that can invade your body. The immune system's strength is based on your ability to keep a balance and flow of the energy that flows through your body to keep the communication lines open, working clearly and functioning according to its purpose. When the communication network is messed up it can even miss its target and actually turn against your own body thinking your own cells are the enemy. This is called an autoimmune disease. There are headaches that are believed to be due to an autoimmune disorder. That's another reason why I say not all

headaches when they go away on a one time application of Wave Therapy should mean the end to all your headaches.

When your immune system it is not able to perform its function properly, in simple terms for our discussion, its that your healing system has developed a block or leak of energy. The proper use of your hands in Wave Therapy helps to loosen up blocks and seal energy leaks and restore communication and the vitality needed for the immune system to do its job. So, regular applications of energy healing sessions are suggested.

Blocks and Leaks To Health

When your body cannot use the energy available or does not have enough energy to do its work, you cannot keep up with overcoming development of disease or have the strength to promote repair from injury and battle the causes of headaches and even migraines. These conditions are caused by blocks or leaks of energy. Removing blocks and sealing energy leaks works just like how you would clean a clogged or leaky pipe to improve the ability for energy to move in its proper balance and flow. When this occurs then your body can be empowered to move back into a state of homeostasis and healing can be the result...and no pain.



The Goal of Healing Arts



The work of bringing your body into balance and harmony is the goal of all work doctors attempt to do in their practice of medicine. No doctor or medicine can heal. They can only assist your body to get into a condition where the body can heal itself. Your body is made that way.

Therefore, there is better health available for everyone through any method that can help supply the body with healthy energy that comes naturally from proper nutrition, sunlight, air, exercise, and recuperative rest. Modern medicine adds to the list to help the body in other areas including pharmaceuticals and surgery.

Wave Therapy does not treat disease or offer cures. What it does do is offer you the skills to assist in the:

- **Increase of energy**, and the
- **Balance of the flow of energy**

Wave Therapy seeks to assist a person's ability in gaining strength to naturally overcome disharmony and imbalance of energy that is reflected in the symptoms of pain and illness.

You Have the Tools

You can see there is a lot of good you can do for others if you just knew how to do it. Wave Therapy gives you the tools to assist the balance and flow of the Power of Life within every cell of your body that moves along the lines of force of magnetism.

That's what the next part of this eBook is about, showing you how to apply the healing power already available to you that's built into nature to bring balance and harmony in all living things.

Now, that you understand how the two magnetic influences are a part of our lives you have a better insight into understanding the science of what's going on with a person to help someone in applying the energy therapy you are now going to learn to do. And this understanding might help take some of the "weirdness" out of the picture when you actually perform the skills.

So, now we'll take a few moments out for a summary of what was covered in this section to pull all this information together before moving on to how you can use your hands to help others in their health to reduce the pain of headaches and migraines.

Summary or Whole Picture

Magnetism is an electromagnetic force in all of creation that causes the atoms, the building blocks of all physical matter, to join together to make up everything that you and I see and feel.

There are two magnetic influences of positive and negative poles of polarity with a **push/pull** effect that keeps everything in balance.

The energy we take in from food, air, water, and sunlight travels along the lines of the field of force that surrounds and flows through your body. This Power of Life needs to be kept in balance and harmony for us to stay healthy and well.

There are different effects both positive and negative energy have on and within living systems to maintain harmony and balance.

- Negative energy **calms and soothes**, while
- Positive energy **strengthens and builds**
- **The left hand** is negative in polarity and
- **The right hand** is positive in polarity

The influence of negative and positive energy flow plays a role in your health by achieving:

Homeostasis, the natural state that all living things seek to achieve by working toward the balance and flow of energy in your body to maintain health.

It's the job of the body's immune system, an intricate communication network of cells, tissues and organs, to guard against harmful virus, bacteria and other foreign invaders that can invade your body to cause illness and pain.

Removing blocks and sealing energy leaks that weaken the immune system from doing its job helps to restore balance and harmony, thus allowing for the management of pain.

Wave Therapy does not treat disease or offer cures. What it does do is offer you the skills to assist to manually increase the flow and balance of energy to strengthen the body's natural

energy reserves to regain the vitality to do what the body is designed to do; be in balance and health.

Onward

The next section will show you exactly how to use the negative and positive effects of the magnetic flow of the Power of Life that flows through your hands to assist to overcome the pain of the common headache and migraine.

The ability is already there and the simple hand positions you'll learn here can be used anywhere at anytime to help stimulate others to strengthen and align their body's natural healing process to boost the ability to manage pain.

“When the whole of the scientific and medical communities begin to respond as they seem to be headed, that the human biological system is both magnetic and electrical in nature and treat it as such, a new wave of development of our health system will emerge.”³ Until then you can be at the forefront of modern medicine to be, by practicing Wave Therapy.

Now, you'll learn how to do it.



Chapter 3

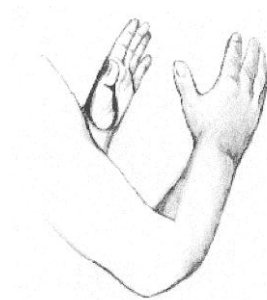
Discovering Your Energy Flow

It's time to give you your first glimpse into an awareness that from this moment on can change your understanding of life as you have previously known it! Pretty good promise, huh?

This change in your worldview can happen when you discover for yourself the reality of your own energy field, and feel the Power of Life that flows through you along the lines of magnetic force.

If, you have experienced this before, this may be old hat to you. Then again, you may have experienced this sensation before but not known what it was.

Hold Your Hands Facing Each Other



- Simply hold your hands, palms facing each other about 2-6 inches apart, or whatever distance feels comfortable for you.
- Hold them there until you start to feel something.

Put the eBook down and experiment first. Hold your hands apart from each other and wait to see what happens. Take about 5-10 seconds.

Did you feel. . .

- **A growing sense of warmth? Or,**
- **You may experience a sense of tingling in your hands?**

Either way that's it! You are experiencing the flow of energy that moves through your body. In this case, it's energy flowing from one hand to the other. You may even feel something like a pressure building up between your hands, somewhat like holding a ball or a balloon. If so, that's it, too!



What's going on is the circular motion of waves of positive and negative magnetic Power of Life flowing in a loop between your hands passing from one to the other.

If you don't feel the sensations of the movement of energy right away. . .

- Try rubbing your hands together briefly in a brisk circular fashion like you're warming your hands over a fire.

Motion will cause a reaction in generating a stronger energy field and flow of energy within and around your hands.

It Works Whether You Feel It Or Not

If you have done this exercise and you don't feel anything, this doesn't mean you have failed a test. It means you simply haven't felt the energy yet. It's there or you wouldn't be standing. It's a part of that Power of Life, the great mystery that keeps that heart of yours ticking and gives your legs the power to stand you upright. Hang in there because you will feel it eventually. If you have trouble feeling the energy flow...

Give yourself some time. Focus your attention on the palms of your hands, take a couple of slow deep breaths and relax. Don't try to force anything; simply be there and wait. You can try this exercise as well with another person, just to help amp things up, if needed.

- Stand facing each other, both hands up, palms facing your partner's about 2-3 inches away.

Whether you feel any energy or not makes no difference in being able to be effective working Wave Therapy.

Now, on to the Basics of how to work Wave Therapy to help someone reduce their pain of a headache or migraine.

Chapter 4

The Basics

Two Hand Positions

Now, we'll get down to the basics of how you can assist another person to increase the flow of energy and build up his or her natural healing abilities to reduce the pain in their life.

You'll start with learning the two hand positions that will be used. The:

- **Closed Loop** and
- **Drawing In**

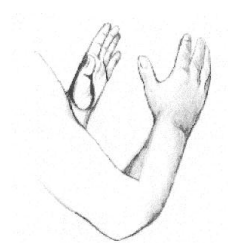
CLOSED LOOP

The Closed Loop uses both positive (+) and negative (-) magnetic influences of the energy in the Power of Life that helps to both build up vitality, brings balance, and to help maintain your immune system.

The Hand Position

The Closed Loop is done in the same way as described in the first lesson of attempting to feel your own energy field. So, you already know how to do it!

Here it is.



- Hold your hands parallel to each other with palms facing each other.

You will be using this position around the head to help:

- **Reduce the pain of headache**
- **Ease any sinus congestion**

Now for the second hand position...

DRAWING IN

Drawing In uses only the negative energy of the power of life.

Here's how you do it.

The Hand Position

- Hold your left hand in front of you with your palm facing the floor.
- Hold your right hand out to your right side, palm facing the floor.



Drawing In is a variation of the Closed Loop but where you will use only the left hand over the body.

This is the most effective position you can do that helps relax, dilate constricted blood vessels, and reduce pain.

Drawing In **ads negative energy** that helps to increase the fighting ability of the body to defend against harmful bacteria, virus, and pain. As well, adding negative energy counteracts the effects of any overabundance of positive energy that's being experienced as pain. If you are low on negative energy, you don't have the reserves to fight off the influence that positive energy has in constriction of vessels, veins, and muscle tightness in the neck.

Drawing In works much like drinking through a straw. This hand position will assist in drawing in negative energy for the person you're working with. You are doing it now as you're reading this.



You can also think of it as drawing out, as in drawing fluid up and out of a container through a straw. Those I've worked with often report a sensation as if "something is being drawn out." That's what it may feel like for you.

I prefer to call the position Drawing In for it focuses on drawing in energy to the person rather than drawing out, which can give the impression you're depleting someone of energy. But you can call it Drawing Out too if you like, like drawing out pain.

So what do you think? You may have expected something more glamorous, but to help others to heal is **as simple** as using these two hand positions to affect the negative and positive energy stores of the body.

Now, that you know how these two hand positions can effect health now will get on to how to use them to reduce and even eliminate the pain of a common headache and migraine...in minutes, if not seconds for some people.

Chapter 5

How To Do It

Reducing the Pain of Headache and Migraine

Step 1 - The Head

Time: 3 -10 minutes

For balancing the head for headache, fever and nasal congestion, use:

Closed Loop and/or Drawing In

The Closed Loop and the Drawing In positions can be tried for their individual effects in assisting a person's ability to heal from the common headache possibly due to sinus issues, stress, lack of sleep, allergies, medical therapies as with cancer treatment, or any other outside contaminant, and including emotional stress of the big four; anxiety, depression, anger and guilt.



For the Closed Loop position hold your hands around the head with the left hand on the left side of the head and the right hand on the right side of the head, (Standing behind the Receiver).

This will help balance out the positive and negative energy of the head; the left and right brain. If there is congestion on one side of the nasal passage it will help bring balance to break up the congestion. Start with holding the position for up to 3 minutes. (No more than 10 minutes. See Rules, #1)



You can also hold the Drawing In position with the left hand over the top and/or on the front of the head or face with the

- **Right hand facing the floor**

Headache, that is caused by the stress of colds and flu can be greatly relieved through the Closed Loop position. The Closed Loop will also help a great deal for clearing up sinus congestion.

Drawing In will also help. If there is fever present, I recommend using Drawing In as the position of choice. This will add additional negative energy for the Receiver to help naturally reduce fever. Experiment with both hand positions for best results in each case. Simply, ask, “How does this feel?” for direction.

How Far Apart Do You Hold Your Hands?

When using either position simply hold your hands in a distance that works best for you. Your individual distance is found out through experimenting. It can be different for everyone. Start with one to three inches. Sometimes, it could be as far as twelve inches, more or less.

A good test to find out how things are working it to ask the person you’re working on how he or she feels. If the person feels to be comfortable or feels a warming or tingling sensation you have found your distance. Then again, they may not feel anything at all to begin with and you’re the one feeling the sensations.

There is another option open. . . neither one of you feels a thing! If this ends up being the case maintain your hand distance with one to three inches, and wait. Something will happen. It always does. While you, the Giver may feel nothing going on, the Receiver may begin to feel the pain level reducing but not even notice at first until you ask. You will more than likely will also notice sinus pressure lessening and congestion draining if present. Keep the tissues handy!

Here’s another helper to determine progress. Start out the session with asking the person you’re working with, “What is your current pain level between 1 and 10, with 10 being the most severe pain level.” Then as you proceed you can gauge the effect of what’s happening by re-evaluating the current pain level. Just keep going till its down to zero!

Experiment with both positions. Every person is different in how they respond to Wave Therapy. There can be all kinds of reasons behind what causes headaches or migraines. That doesn’t have to be your immediate concern here in the practice of Wave Therapy work to see

how it works. But, paying attention does. Listen to both the person you're working with and your instincts. Follow them both, and you will have positive results.

An Optional Position

Time: 1 minute

If you would like to add one more move to help balance the flow of positive and negative energy its to move a loop of energy throughout the whole body. You can:

Hold a Closed Loop position at the feet.

If the person you're working is the type who might get a bit dizzy, light headed or feeling just a bit over lazy when you do this, go to the bottom of their feet.

Hold your hands facing them in a natural position below the feet, about 1-2 inches.

This helps balance the flow of energy through the body. You will be Putting In energy from the right hand and it will run up the left side of the body, to the head and be Drawn In back through the right side of the body to your left hand.

You can add this position anytime you choose throughout a session. Like the Closed Loop helps to balance out energy flow around the head and upper body, this position will also help in the same way from the feet like a tree soaks up energy from its roots.



That's it!

You're Done!

Different Responses

The persons you helped should well be on their way to a faster recovery. There will be different responses by everyone. Depending on where the body's immune system and energy reserves, there can be a variety of physical responses to this energy work.

Some people, for instance, if they have a headache due to a cold may respond as though their rushing through the illness. They may still show some signs of sneezing or fever in case of flu, but, instead of dragging recovery out over a week, it'll seem like they're pushing through it in a few short days. As though the body is saying, "If I'm gonna do this, I'm going to do it quick and get it over with!"

Others, who may be already in the middle or on the downside of a headache or migraine and are already half way home with the boost of extra energy they'll seem to "miraculously" recover . Or if you catch it just when the symptoms are starting to occur you just may pre-empt a full blown migraine from even happening!

If you don't see an immediate response, or a slower than expected recovery, you might consider taking a look at your technique in performing the hand positions. Examine if you rushed holding

your positions of either the Closed Loop or Drawing In. Remember to try and get a feel for what you're doing, that you're moving energy.

A helpful hint is to practice paying attention and let your thoughts move with the instincts to move or change your hand position. If you "listen" or feel, you will have a sense of intuition to move around the head, then do so. You'll find with practice that there can come a kind of knowing. This is because there's communication going on between the mind of your two energy fields intermingling and being connected. Since energy doesn't have a physical mouth it communicates through feelings, shared thoughts, color, and emotion. Practice paying attention to this new kind of communication and listen to what's being said, both from your side and the receiver's side.

My best advice is *don't give up!* What I mean by that is, hang in there with the Receiver. As I've mentioned before, everyone responds differently. For instance, some people are just more ready to receive than others. I've found that people who meditate, or pray, or even certain personality types simply are more open to receive than others. The same situation can apply for the Giver.

You may also face a situation where a person who is so stuck emotionally into their illness they actually don't want to get better and will resist the flow of energy coming through your hands. If that's the case, their Block is pretty set. In that case just let yourself move on, and them too, till they're ready.

How often Can You Do A Session

You can repeat working the Closed Loop or Drawing In like for sinus congestion as needed. But, in order to not add so much energy as to cause the body to overwork itself to a healing crisis there are:

CHAPTER 6

The Rules

Ahh, yes, there are always rules somewhere.

Here are some guidelines to know how long to hold the use of the Closed Loop and Drawing In positions for the head.

RULE #1:

With either one of the standing-still hand positions like the Closed Loop or Drawing In,

- **Hold your hand(s) in position until either the tingling or warmth goes away**
- or
- **When ten minutes have passed**
- or
- **Which ever comes first.**

Usually two to three minutes will get good results to start. You can judge how long is good by the 1-10 pain level test. But, in case you don't know when you should discontinue holding a position apply the ten minute rule.

RULE #2

If you've reached the maximum time limits on the hand positions, **wait a minimum of 48 hours** before repeating a session of energy work on the same area.

Filling The Tank Is Enough

Working Wave Therapy is much like taking your car to get gas at the gas station. You get the gas pump handle, plug it into your gas tank, pull the handle, and fill up your tank. When it's full, a trigger goes off on the pump handle to automatically shut off the flow.

Your hands act sort of like the pump at the gas station. The Receiver is the car that needs gas. In this case when your hand(s) tingle, it signifies that filling up is going on. As long as the tingling is going on, your hand-pump is assisting in filling the person up with energy. When the person has had enough energy, the tingling stops to show the area is now full like the automatic trigger release on the gas pump handle. So, no need to go on; you're just spilling over. It's time to stop.

So, follow the guidance the person's body is giving. Don't stop short either and cheat the person out of getting the energy he or she needs, and don't overdo it by giving more than is needed.

You really don't hurt someone with too much energy in a spot, but it can cause discomfort in some. If a person begins to feel achy while filling in with energy, you can choose to back off or continue for a while to see if the discomfort lessens. No need to force the issue. You can always come back to it. It's better not to overdo with enthusiasm. Balance, balance, balance!

On to the next rule. . .

RULE #3

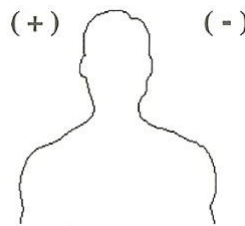
- **Only hold a Closed Loop position from behind the person.**

There is only one place on the body where it's best to be cautious; when doing a Closed Loop around the head.

Never place your hands around the head in a position that is opposite of the polarity for the head.

The head of course has two sides, and like two sides to everything, there is a positive and negative side to the head.

Here's how your head looks magnetically:



The **LEFT SIDE** is Negative (-), and the
RIGHT SIDE is Positive (+)

So, you always use your...

- **LEFT hand (-) on the LEFT SIDE**, and your
- **RIGHT Hand (+) on the right side.**

This keeps the polarity the same on both sides of the head just like your hands.

Following this rule will prevent reversing the polarity of the head.

How can you mess this up? By doing the Closed Loop from standing in front of the person.

What can happen if you do? For one thing. . .increase the pain of a headache. That's enough reason alone to hold this position correctly. If you do happen to get it turned around and you don't notice what's going on until the person you're working with says something like, "My headache is getting worse," don't fret. After you say "Ooops," simply change your hand position. That'll turn things around.

The other reason for not reversing the polarity of the head is because all the circuitry that runs the body is centralized in the command center of the brain. The brain must be balanced in order to do its job properly. The Closed Loop helps to balance out irregularities of brain function.

The brain is also where the spinal cord is connected and keeping the balanced flow of positive and negative energy is critical to healthy body functions of brain commands through the spinal column. So, you want to be cautious to not reverse these flows or get them out of balance.

Another reason for proper hand positioning around the head is the proper functioning of the right and left brain hemispheres.

- **The left brain (negative)** is responsible for the thinking, logical, reasoning abilities you have.
- **The right brain (positive)** is for the more intuitive, creative, musical, inspirational side of you.

At any one time you may be operating on one side or the other of the brain with one side having stronger influence over your decision making processes. The Closed Loop can assist in balancing out these two brain hemispheres in order to be more balanced in your thinking and decision making that utilizes the whole of your abilities.

Are Some People's Polarity Reversed?

Some people do have their polarity reversed. Reversed polarity can happen at any one place on the body or through out. This means energy tends to move in the opposite direction than most people. And with some folks the polarity may be reversed in one area but not in another. Instead of the energy moving upward on the front left side of the body over to the right, it moves from the right upward and down the left. And in a case where there is reversed polarity in different part or parts of the body the energy will flow erratically. Such people are no different from anyone else, they just happen to have different polarity, and should be given the same respect as anyone else. (Humorous attempt at social equality for all.) So. . .

For Reversed Polarity People Show Respect

On the rare occasion should a person mention when you're holding the Closed Loop, (regular position) around the head that an uncomfortable pressure begins to build up, it's a good clue their polarity is reversed. If, that's the case, when you do the Closed Loop around the head, move around to face him or her and hold the position from the front. If that eases up the pain stay with it. Continue, to ask "How are you feeling?", so the person is nudged to speak up about what's going on. You might need to change again should this be a case where the body uses the energy to solve a problem in the communication system and is ready to go back into normal balance. So, just follow the direction of how the Receiver feels.

If a person's polarity is reversed no concern is needed to make any changes for holding the Drawing In position. Generally, a whole bodywork-up (described fully in the book Wave Therapy, Your Power To Heal) can assist in correcting reversed polarity problems.

What About Left Handed People?

Contrary to popular opinion a person who is left handed does not necessarily mean the direction of their energy flow is opposite. But, if the Receiver is left-handed you might find their polarity reversed. It may be only about one percent of the population is opposite or has reversed polarity. So you can pretty much assume that most persons are negative on the left side and positive on the right side.

To find out if a person is opposite polarity, the easiest way is for them to tell you. They can do this most effectively by telling you how they feel if you hold the Closed Loop around the head from the backside. They will feel a pressure build up. A discomfort. Even a feeling of anxiousness building. If they report this feeling, there are two ways you can check.

Reverse your hand position of the Closed Loop by moving in front of the person holding your right hand next to the left side of their head with your left hand on the right side of the head. The pressure will ease if the polarity is reversed. If not, then you can assume it's not the polarity (but something else which you don't know what it is at the moment), and return to the original position.

If you feel that you don't know what to do in the case of someone you suspect to have a reversed polarity of the head simply use Drawing In.

- **Hold the Drawing In position over the center of the forehead between the eyes.**

What if, You the Giver, are Left Handed?

If you, as the Giver, of Wave Therapy, are left-handed, you may have a chance of having opposite polarity than the Receiver. A good way to test is to see how the Receiver feels when you hold the Closed Loop position around their head. If uncomfortable, you need to switch from working behind the head to standing in front of the person.

When working with Drawing In, your left hand will also have opposite polarity and you'll need to switch to using your right hand as the Drawing In tool for negative energy. Always test the effect by simply asking the Receiver, "How does this feel?"

So, To Repeat the Rule For the Head:

- **Stand behind the person**
- **Keep your Left Hand on the left,**
- **Right Hand on the right side.**

And what else?

Follow, as always rule #1: Hold the position until any tingling stops or for no longer than ten minutes.

And, Rule #2...wait 48 hours before repeating a session.

Now for the fourth rule...

RULE #4

Wash Your Hands



It's a good idea to wash your hands up to your elbows in cold running water when you're done.

During a session of energy healing sometimes your hands can get a “full” feeling to them, like a build up of excess energy. The way to get rid of this sensation is to wash your hands. You can also flick your hands so that your fingers sort of snap, snapping off the feeling. It works! You might find yourself doing this “flicking” anyway while holding a position. It kind of happens naturally. If you start to feel that full feeling in your hands, simple stop holding the position, put your hands out to your sides, and flick.

After a session it’s always good hygiene to wash your hands when working with those who are ill. It also helps to remove any possibility of energy or debris that you, the Giver, may have picked up and magnetized to your own energy field. Some people are quiet sensitive to picking up other people’s stuff. If you’re a picker-upper, there’s a couple of things you can do that are good aids in draining off such energy. You can stick your hands in a bowl of sea salt. Another is to go outside barefooted and stand on open ground to get grounded and let the excess energy drain off of you. The final suggestion is to go find a good tree and grab the tree trunk. Yes, that can feel pretty silly, but trees are very grounded and you need grounding.

Summary of the 4 RULES:

1. Hold any hand position until tingling, or warmth stops, or the ten minute limit is reached.
2. Wait a minimum of 48 hours before repeating a session of energy work on the same area.
3. Always stand behind a person for a Closed Loop on the head.
4. Wash your hands after each energy session.

Now for a guideline on working with young children.

A Caution: Working With Kids

Children respond very strongly to energy work. So, to avoid an uncomfortable healing crisis from overdoing it,

- When using the Closed Loop and Drawing In **the timing rule should be a maximum of 1 minute.**

It’s better for young children’s recovery to apply shorter sessions of energy work. Measure how much you should do by their response. Give them 48 hours as well, to help give you time for better judgment. With the energy boost you give a person with this method it doesn’t stop working after you remove your hands. The built up energy level will continue to work and the body will use the energy sending it to where it needs to go. So, you just might not see immediate results and have a time delay.. And something else will heal may heal first!

And that’s something I always inform everyone I work with about...that after a treatment the energy will continue to do its thing, going where it needs to go, doing what it needs to do. That’s why there are timing rules.

That’s it for the rules.

CHAPTER 7

Extras

Here are some extras on other tools to use that can help manage pain of headaches and migraine.

Peppermint Oil-Aromatherapy

Peppermint essential oil has been known to often help with relieving headaches and loosen up sinuses. You can lightly inhale the vapor from the bottle, use in a room diffuser or add a drop to unscented facial lotion to apply under the nose and behind the ears.

Acupressure

Here's a good one. For headaches, pinch the area that lies between the webbing of the thumb at the base of the index finger, close to the bone at the base. Hold the point with your thumb on top of the webbing and your index finger underneath. Hold for one minute. Then repeat on the other hand. (Not recommended for pregnant women for the points have been believed to cause uterine contractions.) .

On the head for acupressure points, press your thumbs two inches out from the middle of the neck, right underneath the base of the skull.

Magnetized Water

Just as you help to add negative energy to the body using the Closed Loop and Drawing In, you can "energize" simple household water using your hands.

Get a small glass of water. To magnetize the water with negative energy, hold your left hand over the water for up to 10 minutes. Then drink.

You can also energize the water with both positive and negative energy by holding both hands around the glass in the Closed Loop position. This will charge the water with both the vitality and strength building properties of positive energy and the relaxing, soothing qualities of negative energy to enhance the immune system.

If you feel up to the challenge, you can even have some fun watching visibly how your hands can effect the polarity of water...by watching it flow down a drain in the opposite direction it normally flows! Yep, sometimes in workshops to demonstrate the real live effect that's going on I'll rotate a Closed Loop position counterclockwise in a basin full of water. As it starts to drain I'll continue with the motion and the water will reverse and flow the opposite direction. Kind of fun!

More To Learn and Do With Wave Therapy

There are many other common health problems you can help yourself and others overcome through this art of energy medicine. This eBooklet on how to help beat headaches and migraines is just a portion of over 20 examples and stories that are outlined in the main book, [Wave Therapy, Your Power To Heal](#).

With the same method you can help speed recovery from other disorders more quickly, like colds and flu, broken bones, carpal tunnel, lumps in the breast, stomach disorders, blood pressure and blood sugar problems, complications from diabetes, gallstones, pneumonia, sinus disorders, irritable bowel syndrome, earaches, arthritis, Fibromyalgia, blood clots, some complications from HIV/AIDS, reduce complications from surgery and chemo or radiation therapy and more. All of these common health problems I have worked with by using Wave Therapy and have taught hundreds of others how to get positive results.

To learn more, you can order a copy of Wave Therapy, Your Power To Heal online at wavetherapy.net, or at amazon.com. Watch for the eBook version.

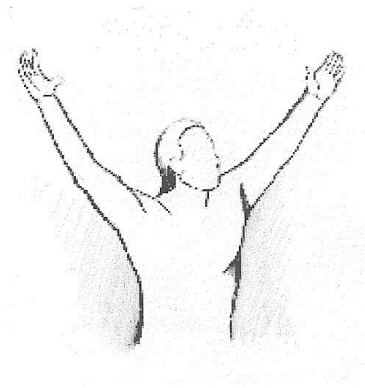
There are more tools to learn about in energy healing through Wave Therapy. There's another hand position to get acquainted with called Putting In to help increase personal strength and vitality, more detailed information on the biology and physics of healing, how to work with long-distance healing or intercessory prayer work, how to work with the center magnet of your body concerning the 7 Power Centers and their meaning for personal growth and development, and more.

The information here for overcoming headaches and migraines are just two of the common health problems we all come across that you can help others to overcome. Experiment and practice with what you learned here. By using these simple hand positions you can help others by assisting them to receive the power to heal through the simple laws of magnetism that support the power of life that flows through your hands.

Contact Me

In your practice of healing, if you have an experience you'd like to share in your in working with the energy medicine method of Wave Therapy, or other avenues, I'd love to hear from you. The healing arts are ever changing and growing with each person and there's always something new to learn. If you have helpful comments or something to add to what I have presented here please consider posting your comments on my Facebook page, Wave Therapy, so it can be passed along to others.

To learn more, you can also order a copy of the main book, Wave Therapy, Your Power To Heal online at wavetherapy.net.



As for you and your household, “I pray that you may prosper in every way and that your body may keep well, even as your soul keeps well and prospers.”² .

Yours in health,

Sam Winters

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About the Author

Sam Winters is a Business Administration graduate of Oral Roberts University. A former business owner of a health and relaxation facility in Kansas for over 18 years that specialized in health therapies from spa and massage treatments, working with local therapists for women abuse survivors, to receiving two grants on how complimentary medicine could enhance the immune system for men and women living with HIV. The book, *Wave Therapy, Your Power to Heal* developed out of this ministry. He is an instructor of pathology at a Kansas school of Chinese medicine and currently works as a nurse in Quality Management serving our American veterans at the Veterans Administration.

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[Facebook page](#); Wave Therapy, Better Health and Healing

[Winters Publishing](#); and

[WaveTherapy](#) , my web site

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Appendix

Headache and Migraine Facts and Prevention

Types of Headaches

There are three primary types of headache disorders; the tension-type headache, cluster headaches and migraine,⁵ all of which are recurrent, and always have something else going on that makes them, not just a headache by themselves.

There are some headaches that have some underlying physical pathology (disease) associated with them, as from teeth, jaws and related mouth disorders like Temporomandibular Joint Disorder (TMJ) or Trigeminal Neuralgia where headache is caused by severe nerve pain running up the side of the head. Which means that the underlying problem needs to be resolved first before the headache will stop occurring.

We are limiting ourselves therefore with the application of Wave Therapy in this eBook to working with those headaches without an underlying illness (pathology). As a complimentary modality we will work to lessen and to reduce the pain from a level 10 which is the highest pain level you can experience on a 1-10 scale to 0, to experiencing complete relief with no pain. That's our goal.

Tension Type Headache

The most common type of headache is a tension headache. Tension headaches are characterized by tight muscles in your shoulders, neck, scalp and jaw. At least that's what conventional theories hold to be the reason for the tension type headache; and called type for this reason. Nobody knows for sure what starts them. But the current theory is that the pain is caused by some sort of chemical changes in the brain. Those chemical changes are believed to be the reason behind the tight neck and scalp muscles associated with the tension type headache. There are also similar chemical changes associated with migraines so these two are believed to be related, thinking that the tension type headache may lead to migraine, a more severe disorder.

Tension type headaches are therefore often related to stress, depression or anxiety. You are more likely to get tension headaches if you work too much, don't get enough sleep, miss meals or use alcohol.

The pain experienced is on both sides of the head, can be mild to moderate and triggered by stress. Some people report it feels like a tight band around the head.

(There is a tension type headache that is classified as the Chronic Daily Headache (CDH) where pain is experienced daily or almost daily and the Chronic Tension Type Daily Headache (CTTH) characterized by attacks that occur more than 15 days per month. These types of headaches can be more of a burden on the person experiencing them and their family members with a lower quality of life even than episodic migraine sufferers. Many people who suffer from these kinds of headaches are usually disabled by the pain. Many will also experience depression or anxiety as well. What has to be watched is that it's easy to over use any prescribed medication which can make things worse to where hospitalization could be needed.

The tension headache however, is not a result of an underlying disease but generally there is no clear cause which makes it not well understood. Fortunately, there are many natural avenues to take in getting past this kind of pain.

Self Care Measures For Relief of Tension Headaches

Besides working with energy medicine like Wave Therapy here are some simple things you can do to take care of yourself that can be positive in managing a tension headache. We've all heard this phrase one way or the other, "make healthy lifestyle choices!"

Here are some healthy choices and actions to take that promote better health in managing headaches based off some recommendations by [the Mayo Clinic Foundation](#):

- **Eat healthy foods.** Don't skip out on meals whether trying to lose weight or from being too busy. Especially eat a good breakfast and drink plenty of water. It is reported that half the people with tension headaches have mentioned that they felt stressed or hungry before the headache began.
- **Manage Your Stress:** Try simplifying your life by leaving some activities or chores for another planned time rather than trying to squeeze everything you can into one day. To manage this feat means being able to better manage your time. Keeping a to-do list is great but give the list a reality check for what's really possible for one day or week. If what you've got planned can't get done within your time limits give yourself a grace-break with a positive attitude, not worrying about things you can't control.
Learn to get up from the desk if you're in an office staring at a computer with fluorescent lighting beating at your eyes all day long. To help keep some energy moving do neck exercises. A great Qigong movement is to simply do the rolling head stretch. Roll your head clockwise (slowly) for nine times, then reverse counterclockwise nine times.
Breathe slowly in and out through your nose, holding the tip of your tongue at the roof of your mouth. A trigger for a headache can be from muscles working in awkward positions or holding one for too long of a period of time
- **More on relaxing the muscle tension:** For those tense shoulder and neck muscles that are associated with tension type headaches, apply heat or ice, a heating pad on low, a hot water bottle, or just a hot towel. A hot shower or bath can help too. Probably anyone who has had recurring tension headaches has experienced what gentle massage can do. You can do self massage to your temples, scalp, neck and shoulders. Or better yet, get someone else to do it!
- **Exercise regularly.** Did you know that in performing physical activity your body releases certain types of chemicals that block pain signals to your brain? To keep motivated a lot of us need to choose an exercise that you can be enjoyed, not endured. There are the usual choices like walking, swimming and cycling but I also recommend either Tai Chi or Qigong, both are energy balancing healing modalities used in China for centuries. Like with every kind of exercise start slowly because overdoing it, again, can trigger some types of headaches.
- **Get enough sleep.** Be consistent with the times you go to bed and wake up every day. You may think getting those extra few hours to "catch up" can help but often too much sleep can bring on a tension headache from getting too much of a good thing...balance, balance, balance!

Remember too, to avoid any medications that contain caffeine or other stimulants that can keep you up preventing a good night's restorative sleep.

- **Avoid excess caffeine.** If you're like me, caffeine can sometime be used to curb a headache, as some over-the-counter meds have caffeine in them. However more than 200 milligrams of caffeine a day can cause both a headache and irritability. So watch the caffeine intake.
- **Quit smoking.** I know, something easier said than done for the smokers out there, but I have to mention it. Carbon monoxide is a known headache trigger, and guess what, nicotine has been shown to interfere with the liver's ability to break down headache medication. You know the rest about all the good reasons for not smoking.
- **RELAX:** Take time out to relax and unwind every day. Deep-breathing exercises are terrific. Did you know that adults generally have lost the skill in getting enough oxygen by breathing too shallow? The culprit is usually too much tension and we simply utilize only the upper portion of our lungs to take in air. So, sit comfortably, quietly with your feet flat on the floor, hands resting on your upper thighs. Focus on inhaling and exhaling through your nose for 10 minutes or more. You might imagine a peaceful place you'd like to be at, or simply focus straight ahead of you while paying attention to your breathing. Watch your breath that you draw air into and expand the lower part of your lungs, breathing and exhaling air down into and out of your lower diaphragm. You'll get full breaths of air and all the benefits of much more oxygen circulating through your blood stream and to your head!
Try this breathing exercise or some form of relaxation everyday.

Of course, in medical journals the suggested use of energy medicine models like Wave Therapy pops up minimally as a complimentary/alternative medicine (CAM) choice compared to the standard treatment of pharmaceuticals, reducing medication overuse or abuse, smoking, eating right, sleep, exercise, biofeedback, behavioral treatment or other psychotherapeutic interventions. That's why you have this eBook!

Medical Choices for Pain Management

If you have gotten this far and still choose to not try the method outlined in this book there are the over-the-counter pain medications everyone is familiar with that can be used. To name a few there is aspirin, acetaminophen (Tylenol®), ibuprofen (Motrin IB®, Advil®), and naproxen (Aleve®), that are available for use. Be sure to follow the recommendations of your health care provider for their use.

Sinus Headache

You've heard of sinus headaches. Here are the basic symptoms of what's considered a sinus headache: facial pain and pressure, nasal and sinus congestion, and headache. However, according to the [American Headache Society](#), the sinus headache is not as common as most of us would think it is. The migraine is commonly misdiagnosed as sinus headache. In fact, 90% of self-diagnosed sinus headaches are actually migraines.

A true sinus headache is called rhinosinusitis and it's actually rather rare. This is a headache which is considered as having that underlying pathology mentioned before. It's caused by a viral infection with thick, discolored nasal discharge, with a possible decrease in smell or none at all,

facial pain or pressure accompanied normally by fever. It's treated medically by a round of antibiotics. If antibiotics don't alleviate the symptoms then a different diagnosis is in order, which usually means having a clinical procedure of an endoscopy, a CT scan and MRI. The best indicator however will be a carefully executed clinical history because sometimes the clinical procedures tend to be over interpreted for sinus disease.

So, what is a sinus headache then? It's really a migraine with sinus symptoms.

Here's a quiz to figure out more closely if what your or some else is experiencing to distinguish between an actual sinus headache and a migraine:

1. In the last 3 months, how disabling are your headaches? Do they interfere with the ability to function like missing work, family functions, school etc.?)
2. Is nausea associate with the headache?
3. Is there sensitivity to light associated with the headache?

According to Dr. Richard Lipton of Albert Einstein College of Medicine, if two of the above three criteria are present, its more than likely you are experiencing a migraine 93% of the time.

Basically, if you go beyond the nasal and sinus congestion, the facial pain and pressure and find that you can't function normally, have nausea, sensitivity to light and are triggered by weather changes, stress, or menses, it's a migraine being experienced.

It is recommended then, if in doubt, ask your health care provider to prescribe migraine medication for the next 3 episodes of "sinus headache." Then assess how effective the treatment was in improving the symptoms. In some cases there may need to be a secondary cause ruled out before proceeding, such as sinus disease or simply to verify that what you have been experiencing is migraine and not a sinus problem.

To sum up all this, the commonly excepted sinus headache is usually a migraine with sinus symptoms.

Cluster Headache

Cluster headache is a very severe and one of the most painful forms of headache and is about the second most common headache seen by neurologists. The pain of a cluster headache attacks in cyclical patterns, or "clusters" which is where the name comes from.

There are two forms, episodic where there are breaks between episodes of a month or more and chronic, where breaks aren't even seen.

Cluster headache attacks can be short lived from around 30 minutes to 3 hours long, or these cluster periods can last as long as a week or even months. The pattern of the headache occurring is different for each person and when they do occur there comes a time of remission where there won't be any incident for months, or even years. Though the attack is extremely painful the cluster headache is not considered life threatening.

Pain is usually on one side of the head, and can be severe accompanied by nasal symptoms and a red eye. There is a pain pattern with cluster headaches that often occur about the same time of day. There can be restlessness or agitation.

What do you watch out for to identify cluster headaches? Many report a stabbing or piercing pain on one side of the head and for most folks it stays on that one side throughout the period. It could happen on the opposite side the next time, or the same side each time.

There is no medial cure available in western medicine so the goal is to help decrease the severity of the pain. A great time to consider alternatives, like Wave Therapy.

Otherwise, they're usually treated with a medicine called Verapamil, however inhaling 100% oxygen starting at 6-8 Liters a minute (to 10-12 L/min) for 15 minutes has been proven to be an effective safe treatment that can provide dramatic relief. Also melatonin, topiramate, gabapentin and Methysergide have been helpful.⁶

Over-the-counter pain medications aren't very effective because cluster headaches come on so suddenly and can go away within a short time before the drug even starts working. So treatment by physicians is usually aimed toward prevention. There is experimentation with a stimulator that is implanted by the occipital nerve which has been shown by the Mayo Clinic studies to reduce the severity of the pain to about one half.

Other experiential studies are going for implanted stimulators at the hypothalamus, the area associated with the timing that occurs of cluster periods. This has been very effective and has shown to produce complete and long term pain relief...and no known side effects.

So for energy workers, again focusing on balancing the brain and on the hypothalamus may provide results as well.

Cayenne pepper has been used for centuries to help with cluster headaches but of course shown to have insufficient studies to prove this. Cayenne has capsaicin in it and some health care professionals have been know to administer the substance through the nose to help with cluster headaches. Be sure to reference any drugs it may interact with.

Migraine Headache

When a headache is considered disabling the probable diagnosis is migraine. The symptoms that are present that go beyond a common headache to a migraine are:

1. Nausea
2. Vomiting
3. Sensitivity to light and or noise

There can be a moderate to severe headache, Pulsing/throbbing pain, and headache worsened by activity. There can be sensitivity to movement and odors. Nasal congestion, and runny nose (rhinorrhea) may also accompany a migraine but it also can be a part of the common cold and allergies. A headache can be a result of these symptoms. There can also be blurred vision and thinking problems. Pain on both sides of the head or one side, and the pain level can be medium or severe.

A migraine starts up about 48 hours prior that include with noticeable mood changes, stiff neck yawning, urinary frequency, fluid retention, thirst or food cravings and for some people, about 25% report seeing auras before the onset of a migraine that generally last less than an hour. Not everyone who has migraines experiences aura.⁷ Not everyone who experiences auras experience pain normally accompanying migraine.

Migraines are often triggered by stress and stressor as food, environmental changes, irregular sleep patterns, odors, weather, bright lights and hormonal changes. Since food can be such a trigger we'll mention some; chocolate (dang!), but in my experience not natural cold-pressed chocolate, which can actually reduce migraine pain, citrus fruit, aspartame, beer, wine, and a common ingredient for flavoring; monosodium glutamate. The big factor present in foods that cause migraines are those with high levels of tyramine that's found in aged foods. That would be cured, smoked or deli meat, the aged cheeses as in cream cheese, cottage and provolone. Then comes the avocado, bananas and dried fruit.⁷

Keeping a food diary is the best thing to help identify triggers, headache patterns and frequency. Especially in monitoring what works and doesn't work for treatment...like Wave Therapy!

About one-third of people who have had strokes report a history of having migraines. However, there are many other factors involved with regard to overlapping symptoms of migraine and stroke. There are genetics, hypertension, diabetes, cardiovascular disease, smoking and other risk factors to consider that make consulting with a physician extremely important.

Pharmacological Treatments

The best way to try and nip a migraine in the bud is to be proactive with therapy early in the beginning phase. Some people do well with taking simple pain relief meds at the onset of symptoms. But, you have to be careful because overuse of meds can work just the opposite of your intention even for chronic daily headaches. Its recommended that any symptomatic treatment be done no more than 3 days weekly. Otherwise it could make the underlying condition worse leading to the chronic daily headache mentioned earlier. There is a risk too of becoming less sensitive to the treatment medications. Medication overuse⁸ is managed by discontinuing or cutting back and taking advantage of preventative management recommended by your health care provider.

Here is a listing of some of the medications used in mainstream medicine(allopathic).

Antidepressants, (amitriptyline, nortriptyline, doxepin) Beta-adrenergic blockers, sodium corticosteroids, valproate, calcium channel antagonists, acetaminophen, codeine, magnesium and riboflavin, antiemetics (metoclopramide, ondansetron), naproxen.

Some of the natural treatments used or riboflavin (vitamin B2) magnesium, co-enzyme Q10 or butterbar, all over-the-counter preparations. But as a reminder, watch overdosing. Too much of a good thing in this case is that...too much.

Recognizing Emergency Symptoms

Say you get a headache. To understand the signs and symptoms of the types we've discussed here there are some signs that could mean there is an underlying cause that should alert you to get emergency help. These signs are:

- Sudden and severe pain

- Accompanies a fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking

- Follows a head injury, fall or bump

- The pain gets worse despite rest and over-the-counter pain medication

Most headaches you don't have to worry about. However, if they're starting to get in the way of your daily living activities at work or home, it's time to get something done. Seek help. Don't sit around with the "this will go away" wishful thinking that could make something easily managed with the proper care to something life threatening.

References

1. “For it was fitting that he, for whom and by whom all things exist...”, Hebrews 2:10, ESV
2. ..”in him all things hold together.”, Colossians 1:17 ESV
- 3 Many notable scientists today are making that move such as Robert O. Becker, M.D. who believes there to be one fundamental force that heals; electromagnetic energy. See, The Body Electric, Electromagnetism And the Foundation of Life, Robert O. Becker, M.D. and Gary Seldon.
- 4 Third Epistle of John verse 2, New American Standard Bible.
5. Sinus Headache, Does it Exist? Roger Cady, MD, *Headache Care Center, Primary Care Network, Inc. Springfield, Missouri*, American Headache Society.org
6. Treatment of Cluster Headache, Peter J Goadsby, MD, PhD, DSc, American Headache Society.
7. Ten Things That You and Your Patients with Migraine Should Know, Deborah Friedman, MD, *University of Rochester, Department of Ophthalmology, Rochester, NY, AHS*,
8. Medication Overuse Headache, Stephen D. Silberstein, MD; Neurology, *Thomas Jefferson University, Philadelphia, PA*,

For additional headache resources visit The American Headache Society, <http://www.americanheadachesociety.org> and the [Mayo Clinic](#).

What's Coming

You're invited to visit my website, Wave Therapy by clicking the link below. I'm at the beginning phase of building the site, so sign up for the mailing list to get a notice when a new feature is set up.

There are sections planned for:

- Energy Medicine
- Energy Psychology
- BLOGS
- Special free reports
- Pain Management section, a
- "Clinical" Trials area where after training, there will be teams available working on what works and what doesn't for chosen health concerns, with postings on findings
- the G-Main Insider news of behind the scenes government health information from Washington, The Joint Commission, Office of Inspector General, Quality Management that I receive (as a Federal Health Government worker 😊)
- the Patient Family Advocate site
- Book site
- Health Product reference site
- QiGong Chinese Medicine
- That should cover the dream ideas for now!

So, click on the link below and join me on the adventure!

<http://www.wavetherapy.net>