

Headaches and Toxins

Doctors have different theories about the causes of migraines and headaches, however, most doctors agree that there are multiple causes and it is important to do a thorough examination if you have recurring headaches. Here are a few of the most common causes:

Stress and tension - Stress causes the muscles in the neck and head to tense up, thereby constricting blood flow to the brain. Migraine may be preceded by a spasm of the arteries leading to the brain, once again diminishing blood flow to the brain. Hormonal fluctuations may cause headache or migraine. This has also been linked to the contraceptive pill.

Buildup of toxins and poor liver functioning can also be responsible for headaches - this is because of the body's inability to eliminate toxins from the dietary intake or that in the environment. This is where we at PureDetox want to change and improve this synthesis for you. The less toxins in there the better the body can do in removing more in the future.

Certain foods, such as chocolate, cheese, nuts, alcohol and MSG (in takeaway and in crisp as a flavour enhancer but a poison all the same) may trigger migraines in susceptible people.

Low blood sugar levels and dehydration can also bring on headache, especially if you have skipped a meal. So keep the water intake up -after all water is the mater detoxifier.

In naturopathic medicine, headache and migraine is very often seen as a 'toxic' condition and a signal from the body that there is an imbalance in organ functioning. Naturopaths will treat the condition with the goal of restoring health and proper organ functioning, not only to relieve pain symptomatically.