

Switchphrases for Headaches

by Kat Miller

Switchphrase text colors indicate the preferred Energy Circle and/or text color for Switchphrases, for those who wish to use Energy Circles. (For more information on Energy Circles see: <http://www.ec.ehdef.com>)

Tension Headache:

DIVINE-LIGHT-CHANGE-HO

(Tension headaches usually begin in the base of the skull.)

Hormone Headache:

WITH-WOMB-HO-ADJUST

(Hormone headaches usually begin in the top of the head and spread to the whole head)

Digestive Headache:

GUARD-LIMIT-DUCK-ADJUST

(Digestive headaches usually begin in the forehead)

Sinus Headache:

(Refer to Hormone Headache, generally same cause)

Migraine Headache:

CLEAR-ADJUST-LIGHT-BE-HO

(migraine headaches generally stem from liver, anger goes to liver, CLEAR may be very important for ending a migraine headache)

Headache Behind Eyes/Side of Head:

LIMIT-DUCK-CUT-sugar-PRAISE

(headaches behind the eyes or on the side of the head usually are related to sugar, this Switchphrase is to help limit the effects of sugar as well as help one cut consumption of sugar)