

## *Lilychoinaturalhealing.com*

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**How to use Headache Relief 1:** *Liver Yang rising.* Take 5 drops twice daily, work up to ½ dropper twice daily. If you're experiencing an episode, take three times a day.

**Headache Relief 1** can help the following headache pattern: headaches with distending and dizzy sensations, aggravated by anger or emotional stress, tend to affect the side of the head.

Accompanied symptoms: irritability, flushed face, bloodshot eyes, a bitter taste in mouth and throat dryness. Other symptoms treated are tinnitus, insomnia, red tongue, dry stool, eyelid twitching, vertigo, stress, alopecia, facial spasms, paralysis, neck pain and stiffness, Coronary Heart disease and palpitations.

**How to use Headache Relief 2:** *Qi deficiency.* Take 5 drops twice daily, work up to ½ dropper twice daily. If you're experiencing an episode, take three times a day.

**Headache Relief 2** can help the following headache pattern: lingering and dull pain in the head that triggered or aggravated by fatigue or physical activities. Those who are overworked or exhausted tend to develop this type, may not happen often.

Accompanied symptoms: sallow complexion, fatigue, no appetite, sensitivity to low temperatures, loose bowels. Other symptoms treated are tinnitus, hearing loss, dizziness, forgetfulness, colitis, ulcerative colitis, vertigo, cataract, anorexia.

**How to use Headache Relief 3:** *Excess dampness.* Take 5 drops twice daily, work up to ½ dropper twice daily. If you're experiencing an episode, take three times a day.

**Headache Relief 3** can help the following headache pattern: acute onset, headaches with pressure, and also have cloudiness and heaviness sensations, aggravated during rainy days.

Accompanied symptoms: limb heaviness, chest stuffiness, abdominal distension, poor appetite, a sticky sensation in the mouth, urinary difficulty or loose bowels, white greasy tongue coating. Other symptoms treated are dizziness, vertigo, nausea, vomiting, heaviness of the head, sinus congestion, cold feet, fatigue, abdominal distention, weakness of hands and feet, edema may be present, excess salivation, sleeping after eating.

**How to use Headache Relief 4:** *Blood stagnation.* Take 5 drops twice daily, work up to ½ dropper twice daily. If you're experiencing an episode, take three times a day.

**Headache Relief 4** can help the following headache pattern: prolonged headaches, steady and stabbing or dull pain, always in the same spots, aggravated at night or during rainy days. There may be a history of head injury, post-concussion headache.

Accompanied symptoms: darkish complexion, insomnia, and menstrual pain in women. Other symptoms treated are: stroke, seizure disorder, abdominal distention, hair loss, vertigo, muscle weakness, dizziness, deafness.

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