Headache Free Blueprint

TRAINING YOUR BODY TO MIND

DO YOU HAVE THE HIDDEN TRIGGER FOR CHRONIC HEADACHES?
INTRODUCTION

This guide will help you determine if you have the hidden triggers to CHRONIC headaches. Find out if you have an underlying condition often overlooked when trying to eliminate headaches.

Physicians who had exhausted all the help they could provide chronic headache sufferers sent their patients to us. These were people who had tried everything and still continued to have chronic headaches. For long time headache sufferers, the big problem with the majority of headache treatments and medications is that they focus on immediate relief not prevention.

Certainly, when a headache strikes, you want and deserve relief. But, a headache relief training program should also teach you how to prevent headaches in the first place not just give you symptom relief once you already have one.

Unfortunately in over 30 years of developing our headache relief training, we found most doctors were truly unaware of all the triggers to frequent headaches. Their training was in medication trial and error. If you are a headache sufferer who has been through many drug trials and still has headaches, this information primer is for you. At this time no one method will relieve every kind of headache. Since different methods work for different headache patterns, it's important for you to determine if your particular headache pattern would respond to our approach.

We have experienced directly with our clients how difficult it is to live with frequent headaches. A headache that occurs every day or even several times a month has a major impact on the quality of your life and that of your family and friends.

Searching for the solution to headache relief can be a full time job, alternating between hope and frustration. We support your efforts and want to share that headache relief is possible in even the most difficult cases and for people who had thought they had tried everything. Use this information to guide you in looking at your body in a whole new way. Based on the results of your observations, you can uncover 'hot spots' that make your headaches worse over time and contribute to a frequent headache pattern.

We will pose questions and direct you to evaluate yourself for hidden triggers. They are easy and only take a few minutes. Then you will have your own experience of how your body responds and what it means to your headache pattern.

What you learn will be eye opening, revealing your path to dramatically minimize and even eliminate your headaches. First we focus on your jaw. As you complete the activities/question, be sure to read the explanations of why we asked you to do them and how each one relates to your headaches.

Okay, let's get started.
At the end of this document you will find a checklist that you can use to track your responses to the activities and questions below. We recommend printing it out and marking the boxes as you go through the material.

YOUR JAW AND HEADACHES

ACTIVITIES/QUESTIONS

These activities will only take a few minutes, so be sure you do each one. Read the instructions, do the activity, then read ‘what does it mean’. To answer the questions, you may have to think about them as you go through your day.

HOW DID YOU DO? WHAT DOES IT MEAN?

The purpose of these activities and questions is to give you the tools to evaluate whether the muscles of your jaw are abnormally tight and tense. Tense jaw muscles contribute to more frequent and worsening headaches. Some people know they have tight jaw muscles, many don't. These exercises are designed to show you whether or not you do.

Gently, open you mouth as wide as you can. What sensation did you notice in your jaw muscle? Did your jaw hurt or feel tight? Did one side or both sides ache at all?

Open your mouth. Turn your hand sideways (like this) and put as many fingers you can comfortably insert into your open mouth between your teeth. If you could only insert one or two fingers between your teeth before you felt discomfort, your jaw muscles are too tight and a sign of chronic tension. You should be able to insert 3 to 4 fingers between your upper and lower teeth without discomfort.

When you open and/or close your mouth do you hear/feel clicking or popping? Clicking and popping in your jaw joint is a sign of joint damage from clenching your teeth (also called bruxing) at times other than when you chew your food or swallow. This is a definite sign of chronic jaw tension. Since this points to damage that has already occurred, without treatment (we don't mean surgery), it's likely to get worse.

When you chew or swallow do you hear/feel clicking or popping? Again, this is a sure sign of chronic jaw tension. Damage has already occurred and is likely to get worse without treatment.

Do you experience any pain or soreness in your face and/or jaw muscles upon awakening in the morning? This is evidence that you clench your teeth during the night. This habit is one of the biggest contributors to headaches during the day. And, taking medication or having surgery is not the solution as long as you have the habit. Splints prescribed by dentists help protect your teeth but don't solve the problem of clenching.

Has your dentist alerted you to abnormal tooth wear? If your dentist has detected enough tooth wear to alert you to it, you are definitely clenching your teeth. Again, this habit is making your headaches worse.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever been diagnosed or treated for TMJ (TemporoMandibular Joint Syndrome)?</td>
<td>Along with tooth wear, TMJ results from damage to the jaw joint due to excessive jaw clenching. It is another sign that your clenching has already caused damage. If you are clenching but don't have TMJ yet, rejoice. Avoid it and even heal it by learning how to break the habit of clenching or bruxing.</td>
</tr>
<tr>
<td>Do you clench or grind your teeth at night?</td>
<td>You may not think you do this! But, has anyone ever told you they hear you grinding your teeth at night?</td>
</tr>
<tr>
<td>Ever been prescribed a night guard to protect your teeth?</td>
<td>Dentists often prescribe a night guard to protect your teeth from the effects of clenching. A night guard may help to protect your teeth but it doesn't do anything to help you break the habit of clenching in the first place. Many people have chewed through several night guards and continue to clench. <strong>Frequent clenching contributes to tense, shortened muscles and this chronic tension contributes to your headaches.</strong></td>
</tr>
<tr>
<td>Do you notice your teeth touch at times other than when you are chewing or swallowing?</td>
<td>This often unconscious habit is responsible for making your muscles tight and your headaches worse.</td>
</tr>
</tbody>
</table>

**Now what?**
Did you answer yes to any of these questions? If you answered yes you now see that you have tension in your jaw muscles from clenching during the day or night. Until you break this habit, your headaches will not improve.

**We aren't done yet...**
The next section will help you check out another muscle group to see how it contributes to your ongoing headaches. The jaw muscles are just one muscle group of many that when tense makes your headaches worse.

**Your Neck and Headaches...**
YOUR NECK AND HEADACHES

Let's add to what you discovered in the last section when you took an inventory of your jaw muscles.

- Did you find tension in your jaw when you started looking?
- Did you notice if you have the frequent habit of touching your teeth together?

Muscle tightness in the jaw is very important but your jaw muscles are only one culprit of several muscle groups that can make headaches worse and more frequent.

Now, let's take a look at what may be going on with your neck muscles. We can assure you that tension in your neck is a big contributor to headaches.

So here goes, do these activities and pay attention to your body’s responses as you do them.

ACTIVITIES/QUESTIONS

These activities will only take a few minutes, so be sure you do each one. Read the instructions, do the activity, then read ‘what does it mean’. To answer the questions, you may have to think about them as you go through your day.

HOW DID YOU DO? WHAT DOES IT MEAN?

The purpose of these activities and questions is to give you the tools to evaluate whether the muscles of your neck are abnormally tight and tense. Tense neck muscles will contribute to more frequent and worsening headaches.

Start by paying attention to the position of your head. Face forward, now lower your right ear to your right shoulder without turning your head. Use a mirror to make sure you tilt your head not turn it.

Just allow your head to drop to your shoulder as far as you can. At this point, you are just letting the head fall to one side.

Now do the same thing on the other side. Face forward, lower your left ear to your left shoulder as far as you can go without turning your head.

Do this without pushing your head down toward your shoulder (see if you can just let your head ‘drop’).

Letting your head drop down to either shoulder while not turning your head creates a stretch in the neck/shoulder muscle called the Trapezius. The upper section of this muscle connects the tip of the shoulder to the back of your head. Most people have a natural tendency to tighten this muscle when they feel stressed. It is a very common place to hold tension. Pain when stretching this muscle is evidence of chronic tension. Tension puts pressure on the back of the head affecting the entire scalp and this pressure and tension are triggers for headaches.

If you felt pain/discomfort when you did this, that points to chronic tension held in the muscle. Notice too if you have more range of movement on one side or the other.

If you feel pain on the other side, it means that those muscles have ‘shortened’ which in addition to the lack of mobility (easy, full range of movement) is an indication of chronic tension.
Now again facing forward, let your head gently fall forward in front, letting your chin move toward your chest. How does the back of your neck feel? Do you notice any pain or discomfort? How close can you get your chin to your chest?

When your head falls forward, it stretches the Trapezius muscle and other deep muscles in the back of the neck. If you notice pain/discomfort doing this, it also means that you have shortened neck muscles from chronic tension.

Facing forward and keeping your head upright, turn it to the right as far as you can and hold it there for a count of 3 (keep your head level, no tilting). Can you align your chin near to your shoulder?

Have you noticed some people turn their whole body instead of turning their head to look to the side? You see this often in older folks. It's a sign of tightness and shortened muscle fibers creating a restricted range of movement in the muscles that turn the head, the Sternocleidomastoid muscle group.

Now the other side. Turn your head to the left as far as you can and hold it there for a count of 3 (keep your head upright, no tilting) Can you align your chin near to your shoulder?

If you can’t turn your head all the way when you look to one side or the other this means you have tightness in these muscles. Limited range of movement is the result of chronic tension which shortens your muscle fibers making it more difficult for them to achieve the full extension in a movement.

Can you turn your head to the left as far as you can turn it to the right? Were you able to turn so your chin is almost over your shoulder? Did you feel pain or discomfort in your neck muscles or upper back when you turned your head?

This tightness makes your headaches worse.

Do you notice that your neck feels tight or often sore?

If you notice that your neck is often sore this is a sign of tension and this tension can contribute to your headaches.

Do you experience any pain or soreness in your neck muscles upon awakening in the morning?

If you are sore when you wake up in the morning it is a sign that you were tense during the night.

If you find that your neck is often sore, is it sore in the morning or evening?

If your neck is sore during the day or in the evening it is a sign of being tense during the day.

Now what?
If you notice pain, discomfort, tightness or limited range of moment in any of these activities your neck muscles can be involved in making your headaches worse. The more you see limits in range of motion or pain in these movements the more significant these muscles are in contributing to your headaches.

The reason shortened range of motion indicates chronic tension is that when muscles contract they shorten and tight muscles change their length over time and become shorter. If muscles stay tight for very long they lose the capacity to lengthen easily and remain tight all the time. This can be reversed.

We aren't done yet...
The next section will help you check out another muscle group to see if it contributes to your ongoing headaches.

TENSE SHOULDERS AND HEADACHES
TENSE SHOULDERS AND HEADACHES

You may notice just reading about all this tension has you feeling more of it! Jaw and neck muscle tension are big culprits in triggering headaches but not the only ones. Let's move from the face and neck to the shoulders. To keep the tension down, we will talk about the muscle groups implicated in more frequent headaches one at a time.

You do not have to have tension in all of them for muscle tension to be a big contributor to your headache pattern. One muscle group or all of them could be involved so it is important for you check each one.

Now it is time to examine your shoulder muscles. As usual, we will have an answer section where you can find out what these activities mean.

So here goes, make sure you are paying attention to how your body reacts when you do them.

ACTIVITIES/QUESTIONS
These activities will only take a few minutes, so be sure you do each one. Read the instructions, do the activity, then read 'what does it mean'. To answer the questions, you may have to think about them as you go through your day.

HOW DID YOU DO? WHAT DOES IT MEAN?
The purpose of these activities and questions is to give you the tools to evaluate whether the muscles of your shoulders are abnormally tight and tense. Tense shoulder muscles contribute to more frequent and worse headaches.

---

Sit or stand in your normal posture in front of a mirror. Check your shoulders.

Are your shoulders where they connect to your upper arms higher or lower than where your neck connects to your shoulders?

Are they level, is one shoulder higher than the other?

Your shoulders should normally form an inverted V so that the tops of your shoulders are lower than the base of the neck. Those people whose shoulders form an H where the tips of the shoulders are at the same level as the base of the neck or higher are holding a significant amount of tension in the shoulder and neck muscles.

Tension in these muscles can have a direct impact on creating more frequent headaches and more severe headaches.

Now, lift your shoulders up and then let them 'drop'.
Can you do this easily?
Do you feel any pain/tightness/discomfort when you do this?

The position of your shoulders normally creates an image of an inverted V as discussed above. If when you drop them you feel pain/tightness or discomfort, this is a sign of shortened muscles and that you hold tension in your shoulders, making your headaches worse.
For this one you need the help of a friend. Lift your arm parallel to the ground palm facing in. Ask your friend to hold your arm, placing one hand under your wrist and the other at your elbow then relax your arm.

Ask your friend if your arm feels heavy or light when they move your arm up and down. Now have them remove their hands. What happens to your arm?

If your friend noticed your arm was light rather than heavy or if they raised it and it stayed up when they lowered their hands, this is a sign that you have the habit of using your shoulder muscles when you don't need to, a sign of tension.

If your arm didn't drop immediately when your friend lowered their hands it means you are holding tension in your shoulders and it's difficult for you to relax.

Now lift your shoulders up as high as you can get them and hold this position for 1 minute. Then let them drop as far down as you can and relax. Did you notice pain/tightness/discomfort? Did you notice pain/tightness/discomfort when you held them up? Did you notice pain/tightness/discomfort when you let them drop?

When raising your shoulders up and holding them for 1 minute and then dropping them, the two positions should feel different.

If they hurt when you held them up or dropped them it is a sign of chronic tension. If your shoulders are habitually high, that position will feel better to you than when they are 'dropped'.

Now stand and hold both arms straight out parallel to the ground, stand in this position for 2 minutes. Did you notice pain/tightness/discomfort? Did you notice any pain/tightness/discomfort in your shoulders or neck? Did your shoulders look like they were up around your ears?

Holding your arms up and out for 2 minutes causes muscles to fatigue slightly. You would normally feel some fatigue but this gives you an idea about what happens when you make chronically tense muscles 'work' during the day or at night when they should be resting. You may not notice the tension because you are used to it but you may notice the head pain the tension stimulates.

Bring your arms together in front of your chest. See if you can touch both elbows and hands (palms touching) together. Can you do this? Can you do this without pain, tightness and/or discomfort?

If you can touch your palms and elbows together, great. This is normal. If you can't touch them it is a sign of shortened muscles in the upper back. You guessed it, more tension in the upper back which affects the neck and head.

Do you notice that your shoulders are 'up' often during the day?

Noticing your shoulders are 'up' during the day is a sign of chronic tension. You may not have known to look for this before but now you do. Pay attention for the next week. Frequently check in with your shoulders by dropping them. If you consistently notice they drop a distance of several inches that tells you that their normal position is too high. Shoulders that are up during the day carry a lot of tension and this makes headaches worse.

Do you feel tightness or pain in your shoulders during the day or night?

Feeling tightness or pain in your shoulders day or night is a sign of chronic tension. You can live with lots of tension without noticing it. If you strain already tense muscles, you can hurt them and feel pain. Getting rid of tension allows the muscle to heal and the pain to subside over time.
Now what?
We had you check out your shoulder muscles because your shoulder muscles connect to your neck muscles and your neck muscles connect to the back of your head and tightness in any of these muscles makes headaches worse by putting pressure on the back of your head and your scalp.

Next we examine how headache patterns are affected by tension and why headaches get worse over time.

HOW MANY HEADACHES...HOW OFTEN?
**HOW MANY HEADACHES...HOW OFTEN?**

By now you have taken an inventory of the muscles of the jaw, neck and shoulders to see if you carry tension in these muscle groups. Tension present in one or all of these muscles is having a negative impact on your headaches. Even if you have a strong family history of headaches, tension in any of these muscle groups means you will more and worse headaches than you should.

A genetic disposition to headaches does not mean you can’t do anything about them.

So, now we want to deal your headache patterns. If your headaches have gotten more frequent over the years or if they occur more frequently than once a month, you can significantly improve your headaches by learning how to get rid of the tension you have found in the muscles groups you have been checking.

Ask yourself these questions and take a look at the answers.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>HOW DID YOU DO? WHAT DOES IT MEAN?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To get the most benefit from these questions, be sure you take the time to answer each one.</strong></td>
<td>Check your answers.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How often do you have headaches?</th>
<th>If you have headaches more than once a month, the muscle tension in one or all of these muscle groups is a hidden trigger.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>People with true migraines and no tension generally do not have headaches more than once a month.</td>
</tr>
<tr>
<td></td>
<td>Certainly, if you have headaches daily or several times a week or even several headaches a day then you have muscle tension that must be reduced before you will experience much relief from your headaches.</td>
</tr>
</tbody>
</table>

| Have your headaches gotten worse over time? | If your headaches have gotten worse over time, it means your muscle tension has become chronic and is triggering more headaches. |
Do you take OTC (over the counter) analgesic medicine for your headache every day?

If yes, how long have you been taking over the counter medicine regularly?

If you take over the counter analgesics daily (and even some prescription analgesics) for headache relief, you are most likely experiencing rebound headaches which are actually caused by OTC medicine too frequently.

Do you often wake up in the morning with a headache?

If you wake up in the morning with headaches and you take over the counter analgesics daily for headache relief, you are most likely experiencing rebound headaches which are actually caused by OTC medicine.

Do your headaches get better or go away when you exercise? Do massages help your headaches?

Exercise and massage temporarily reduce muscle tension. If you notice improvements in your headaches after exercise or massage you are temporarily reducing tension with these activities but this is not a permanent solution because the tension comes back quickly and exerts it's negative influence on your system.

Now what?

You now have a good picture of whether or not you hold tension in any of the muscles of the jaw, neck and shoulders and know that if you have headaches more than once a month this tension is acting as a hidden trigger and makes your headaches worse and more frequent than they need to be.

The Headache Free Blueprint Training Program is designed help you get rid of this tension and get your life back by significantly reducing headache frequency and severity.

Learn about the Headache Free Blueprint Training.
THE HEADACHE FREE BLUEPRINT TRAINING

If you are reading this we know you are serious about getting real help for your headaches,

It was important to start with an examination of your muscles since the majority of people with headaches have no idea they have tension in these muscles or if they do they don't realize the significance of that tension. Those that are aware they have tension have not been successful getting rid of it. After all, massage, chiropractic or even physical therapy only offer temporary relief and you are dependent on the practitioner for help.

You have just evaluated your muscles...right?

You've taken the time to discover whether you have tension in any of the muscles of your jaw, neck or shoulders. And now, you are in one of two places.

1) You discovered you had no tension in any of the muscle groups and this program isn’t for you.
   - OR -
2) You have found that you have muscle tension in one or more of these critical areas; jaw, neck or shoulders.

As frustrating as that may seem now, this is really good news because if you discovered you have muscle tension, getting rid of it will improve your headaches dramatically.

Why headaches become more and more frequent

First you will remember, headaches should not occur more than once a month. If they are more frequent than that, there's a muscle tension component that must be addressed - a component your doctor has overlooked or been ineffective in training you how to deal with it.

And despite what you've read - or what your doctor's told you, until you deal with this tension, your headaches will continue and even get worse.

There are no painkillers or any other medications available that have any affect on chronically tense muscles.

While the latest migraine medications do help once a migraine starts (for a while) they do nothing for the muscular triggers. If you have ever seen an episode of CSI, you know that some explosives need a triggering charge to detonate them. In the same way, a migraine that occurs more than once a month has been triggered by underlying tension which then triggers the vascular migraine.

What You Must Do to Get Rid of Your Chronic Headaches

You must learn how to reduce muscle tension and allow your muscles to heal in order to
function normally.

You must deal effectively with the stress that keeps your body in the 'red zone', fueling the muscle tension which makes you more vulnerable to headaches.

**How Do You Get Permanent Relief From Frequent Headaches?**

We have developed a training program that will get rid of your chronic headaches and made it risk-free for 60 Days.

The training, Headache Free Blueprint, is a step by step solution made up of specialized techniques designed to permanently eliminate the tension triggering your headaches. Designed during years of face to face work with people who were referred by physicians who could no longer offer any help, this training works.

**And it doesn't stop there.**

This easy to follow training of weekly lessons will train you first how to relieve and then prevent your chronic headaches giving you back your life.

**What's Included in the Headache Free Blueprint Training?**

• Self-paced lessons teaching special techniques and exercises designed to eliminate your tension headache triggers.

• Specific education in recognizing and managing stress to keep your body operating in the 'safe zone' where headaches don't easily get triggered.

• Unlimited personal coaching for as long as you need it from the experts who developed this training.

• Your own personal online progress tracker. Tracking your progress is vital to document your progress and keeping you motivated.

• Assignments designed to incorporate what your are learning into your daily life. This is life changing!

• Access your content in multiple formats. Read lessons, watch videos or listen to your lessons on podcasts.

• You learn how to end reliance on medications or other outside therapies like chiropractic and massage.

**Get the Headache Free Blueprint Training risk-free for 60 Days.**

The training is now available online so anyone can learn how to permanently eliminate the tension in these headache causing muscle groups and improve their headache frequency and severity. While this training may be new to you, we have been delivering it online since 1998 and it works.

If you have any questions at all, call 888.255.9757 and we will answer all your questions.

**Now what?**

You now have a good picture of whether or not you hold tension in any of the muscles of the jaw, neck and shoulders and know that if you have headaches more than once a month this tension is acting as a hidden trigger and makes your headaches worse and more frequent than they need to be.
The Headache Free Blueprint Training is designed to help you get rid of this tension and get your life back by significantly reducing headache frequency and severity.

YES! I am ready to get rid of my headaches. Take me to the enrollment page
Use this convenient checklist as you go through the activities and answer questions about your particular headache. When you are done, you will have all your information in one place.

YOUR JAW AND HEADACHES
Check the boxes that indicate you did the exercise and/or have the symptom that relates to tension.

☐ Check this box if you CANNOT insert at least 3 fingers between your upper and lower teeth.

☐ I noticed clicking or popping when opening and/or closing my mouth.

☐ I can hear/feel clicking and/or popping when I chew or swallow.

☐ I experience pain or soreness in my face and/or jaw muscles in the morning.

☐ I have abnormal tooth wear.

☐ I have been diagnosed and/or treated for TMJ.

☐ I clench or grind my teeth at night.

☐ I have been prescribed a night guard to protect my teeth.

☐ My teeth touch at times other than when I am chewing or swallowing.

YOUR NECK AND HEADACHES

☐ I felt discomfort or pain on one or both sides when doing the tilting head to the shoulder exercise.

☐ I felt discomfort or pain when dropping my head forward letting my chin drop toward my chest.

☐ I felt discomfort or pain on one or both sides when turning my head to each side to look over my shoulder.

☐ My neck muscles often feel tense, tight and/or sore.

☐ I feel pain or soreness in neck muscles upon awakening in the morning.

☐ My neck soreness is more in the morning.

☐ My neck soreness is more in the evening.

TENSE SHOULDERS AND HEADACHES
My shoulders are higher than where my neck connects to them.

One shoulder is higher than the other.

When I lift my shoulders and drop them, I can feel tightness, pain or discomfort.

When doing the ‘drop the arm’ exercise I found I am holding tension there.

When I lift my shoulders and hold for a minute and then relax, I experience pain or discomfort.

When I drop my shoulders lower than usual, I experience pain or discomfort.

While extending my hands straight out parallel to the ground, I felt pain and/or discomfort.

I cannot touch both my palms and elbows together without pain or discomfort.

I notice my shoulders are ‘up’ often during the day.

I feel tightness and or pain in my shoulders during the day.

I feel tightness and or pain in my shoulders at night.

HOW MANY HEADACHES…HOW OFTEN

I have headaches more than once a month.

I feel tightness and or pain in my shoulders during the day.

My headaches have gotten worse over time.

I take OTC analgesic medicine daily for my headaches.

I often wake up in the morning with a headache.

My headaches get better when I exercise.

Massages help my headaches.