

Potential Causes for Headaches

1. Vascular

- a. Cerebrospinal fluid (CSF) leak
- b. **Hemorrhagic stroke:** Headache is common and often sudden.

2. Brain tumor: (benign or cancerous).

3. Neurologic

- a. occipital nerve
- b. Post-traumatic injury
- c. Cervical entrapment

4. Medication- or substance-related

- a. Caffeine
- b. Exposure to toxins: nitrites, solvents, carbon monoxide
- c. NSAID drugs

5. Sleep, metabolic and systemic conditions

- a. Sleep apnea
- b. Disruptive sleep pattern

6. Low blood sugar

7. Dehydration

8. Hormonal imbalance

- a. Estrogen dominance
- b. Low testosterone
- c. Low progesterone

9. Emotional Issues

- a. Depression
- b. Anxiety
- c. Stress
- d. Psychosomatic headaches

10. Cervical misalignment

11. Dietary triggers: certain foods (aged cheese, processed meats, MSG, aspartame), caffeine, alcohol. Tyramine from fermented or aged foods can cause headaches in some people. Tyramine is a naturally occurring

compound formed when proteins in foods break down during aging, fermentation, or spoilage.

12. Weather changes / barometric pressure shifts: Can jam cranial sutures.

13. High blood pressure

14. Infiltration of nerves

- a. Viral (herpes series)
- b. Bacterial
- c. Fungal

15. B-Complex deficiency

16. Vitamin C deficiency

17. Too acidic

19. Intestinal toxicity

- a. Dysbiosis
- b. Toxins (heavy metals, chemicals, vaccines, glyphosate, mycotoxins, candida, parasites, fungal)
- c. Leaky gut

20. EMFs: (cell phones, cell towers, computers, electric meters, smart watches)

21. Essential fatty acid deficiencies (Omega 6, Omega 3)

22. Hypothyroidism

23. Hypoadrenia

24. Organ toxicity

- a. Liver
- b. Gallbladder
- c. Spleen
- d. Pancreas
- e. Lungs
- f. Ovaries
- g. Stomach

25. Ileocecal valve leakage

26. Fetal imprinting

27. Toxic root canal teeth

28. Cavitations (infections in the jawbone from post-extractions)

29. High doses of vitamin A: Vitamin A toxicity (hypervitaminosis A) occurs when you take too much preformed vitamin A (retinol or retinyl esters, found in supplements and animal sources like liver). Headache is one of the earliest and most common signs of acute toxicity because excess vitamin A increases intracranial pressure. Other possible symptoms include nausea, dizziness, blurred vision, irritability, and even peeling skin or bone pain in chronic cases.

30. Diabetes: High blood sugar can affect blood vessel function and hormone balance, both of which can contribute to head pain.

31. Category II sacroiliac subluxation: a category II will cause the dural membrane to torque causing headaches.

32. Heavy metal toxicity (lead, arsenic, cadmium, aluminum, nickel)

especially mercury: Elemental mercury (metallic mercury vapor): Inhalation can lead to headaches, tremors, emotional changes, insomnia, and neuromuscular issues.

Organic mercury (like methylmercury from fish): Chronic exposure may cause numbness, tremors, memory loss, and headaches, often after years of accumulation.

33. Lyme infection in the brain: The *Borrelia burgdorferi* bacteria can spread through the bloodstream to the nervous system. This may lead to meningitis (inflammation of the membranes around the brain and spinal cord), which often causes:

- Severe headaches
- Neck stiffness
- Fever
- Sensitivity to light

34. Infected tonsils (tonsillitis) can definitely cause headaches. When your tonsils are infected (usually by bacteria like *Streptococcus* or by a virus), the inflammation and pain in your throat can radiate upward, leading to a headache.

35. Brain allergies: Philpott and Kalita's book Brain Allergies, propose that certain foods or environmental substances can trigger what they term "brain allergies," leading to a wide range of symptoms such as:

- Headaches or migraines
- Depression or anxiety
- Fatigue
- Learning or behavioral problems

36. Orthodontic treatment: Conventional braces or Invisalign can torque the skull bones, jam sutures, and torque the intra cranial membranes, which are innervated by sensory nerves from the fifth cranial nerve causing headaches.

37. Post-Concussion sequela: skull trauma can distort cranial bone alignment causing headaches.

38. Brain Parasites: Parasites in the brain can cause headaches, often as part of a broader set of neurological symptoms. Headaches can occur because the parasite causes inflammation, increased intracranial pressure, or direct tissue damage.

39. Homeopathic miasms: Underlying predispositions or chronic tendencies that can influence a person's susceptibility to certain symptoms, including headaches. According to homeopathic theory.

40. Vitamin D deficiency: Can be associated with headaches.

41. Allergies to pollen (dust): can cause headaches. Allergic reactions release chemicals like histamine in the body. Histamine can dilate blood vessels and contribute to headache development.

42. Degassing from olefin carpets can potentially cause headaches. Olefin (polypropylene) carpets are synthetic fibers made from petroleum-based materials. When new, they can release volatile organic compounds (VOCs) such as formaldehyde, acetone, or other residual chemicals from manufacturing, adhesives, or backing.

43. Exposure to molds: Mycotoxins can contribute to neurological symptoms, including headaches, fatigue, and difficulty concentrating.

44. Malocclusion bad bite: can torque the skull and dural membranes causing headaches.

45. Toxic dental materials: Resins (white filling materials, bases under fillings) have bis-phenol A and a specific base, Dycal, has toluene an industrial solvent.

46. Insecticides and pesticides: Exposure to insecticides and pesticides can cause headaches, especially when the exposure is acute or involves certain chemical classes.

47. Post-whiplash trauma: Can cause headaches because the muscle spasm created will torque the intracranial dural membrane system.

48. Faulty eyeglass prescription: Wearing eyeglasses with an incorrect prescription can definitely cause headaches.

49. Wearing a gold or silver necklace: Can disrupt the acupuncture the Qi in acupuncture meridians suppressing thyroid function and cause headaches.

50. Orthodontic headgear: Can cause headaches, especially if it applies significant pressure to the jaw or skull.

51. Pronated feet can contribute to headaches—especially tension headaches—through a chain reaction of postural and muscular imbalances.

52. Constipation: Intestinal toxemia can cause headaches.

53. Ear piercings on auricular acupuncture points: Can potentially cause headaches in some individuals.

54. Galvanic currents from dissimilar metals in the mouth: Can potentially cause headaches and other neurological symptoms.

55. Chronic periodontal disease: May contribute to headaches, including migraines, through systemic inflammation and nerve involvement.

56. Geopathic stress is not scientifically proven to cause headaches, but some alternative health practitioners believe it may contribute to symptoms like fatigue and head pain.

Geopathic stress refers to the idea that disturbances in the Earth's natural electromagnetic fields—caused by underground water, fault lines, or man-made

structures—can negatively affect human health. While mainstream science does not recognize geopathic stress as a medical condition, some holistic and alternative medicine communities suggest it may lead to symptoms such as:

- Headaches and migraines
- Chronic fatigue or low energy
- Sleep disturbances like insomnia or restless sleep
- Mood changes including irritability or anxiety
- Weakened immune response over time

57. Blue light emissions: LEDs (computer screens) emit more blue light than traditional bulbs. Blue light can suppress melatonin production, disrupt sleep, and contribute to eye strain and headaches.

58. Dirty electricity: LEDs often convert AC to DC power, which can generate high-frequency voltage spikes. These may contribute to EMF-related discomfort in sensitive individuals

59. Increased prevalence of headaches: A UK study found that people living within 100 meters of 132 kV power lines reported significantly more recurrent headaches and migraines compared to those living farther away.

60. Common Side Effects of COVID-19 Vaccines: Headache is a frequently reported symptom, especially after the second dose of mRNA vaccines like Pfizer-BioNTech and Moderna.