

# DAY *one*

## *The Hot Pepper Headache Cure*

Headache pain can be stifling, often incapacitating, and certainly a handicap when chronic. The most common type of headache caused when blood vessels surrounding the eyes and forehead begin to spasm, known as



the class migraine attack. High blood sugar levels typically from sweets or alcohol, or high hormone levels surrounding the monthly cycle in females, along with stress hormones

produced in the adrenal glands, can trigger a migraine attack. What's needed is an immediate way to relax the muscles in the lining of blood vessels. Cayenne pepper is just such a fast-acting natural remedy. It relaxes muscles in blood vessels. [Headache 34: 132-37, 1994]

In a human study, capsaicin, the active ingredient in cayenne pepper, was instilled into the nasal passages of headache sufferers and 7 out of 10 headache sufferers "*showed a marked amelioration.*" When capsaicin was administered into one nostril only, the pain relief was experienced only on that side. [Pain 59: 321-25, 1994; Cephalgia 13: 114-16, 1993]

Physicians are familiar with capsaicin applied topically to treat muscle and arthritic pain. Capsaicin overstimulates pain receptors which then shut down. However, the oral consumption of cayenne pepper, sometimes in the form of hot sauce, or also in encapsulated powder, will often bring about fast relief for an otherwise debilitating headache. Conventional headache remedies attempt to block the pain receptors, not the cause of the headache. But cayenne pepper addresses the cause of many types of cluster and migraine headaches. It may be beneath your Mayo-clinic trained physician to prescribe hot sauce, but it has been found to be a welcome remedy to many a truck driver who has called this writer to inquire by cell phone if there is a natural way to remedy headache pain. A quick stop at a roadside diner for a swig of hot sauce can cure many a traveler's headache.

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