

Headaches

Dear friends,

Time for another healing story. It is difficult to tell because it involves my personal experience. But we can learn from everyone's story, and this one is a good illustration of how to react with herbs in a crisis situation that involves trauma to the head. Because of the trauma, the office is going to be closed for a few days.

A few days ago, I was approached by a man who pulled a knife on me and demanded my purse. Stunned, all I could do was scream loudly. Before I knew it, a fist was coming directly toward my eye, and next thing I knew, I was on the ground. The assailant fled the scene, luckily without my purse.

After filing the police report, I began to assess the damage: a busted lip and a bruise around my eye. I came back to my apartment and one of my neighbors came by to comfort me. He said, "You should put some ice on that," referring to my eye and lip. And I walked to the freezer to fetch an ice pack, but stopped midway because of dizziness. Suddenly, I began to see flashing lights and squiggly lines in my field of vision.

I told my neighbor, "I think I should sit down. I think I'm going to pass out." Now, my neighbor is not a doctor, but knows I'm one, so he was taking my lead on this one. I went to lie down on the couch and elevate my legs (always lower the head and elevate the legs if someone feels dizzy). Suddenly it occurred to me what was going on: an ocular migraine induced by extreme stress. Half of my vision was gone.

And then there was the moment of panic. I had thought I was ok, and had previously turned down the police officers' offer to take me to the emergency room just a half hour ago. And we all know that in a panic state, we don't think so clearly.

But after about five minutes, I turned to my neighbor and said, "I think I have herbs for this." And I stumbled towards the kitchen to boil some water. I grabbed the nearest bottle of herbs that I thought could help: [Brain Regain](#). [Head Relief](#) would have helped too, but I didn't see it immediately, and I just grabbed the first thing. Then I thought, "Why am I going to wait to for the water to boil? I need it right now. I'll just take it straight. And there was about 1/10 of a bottle left of the formula, and I just

took the dropper off and gulped down the whole thing. Who has time to measure out droppers full in an emergency?

After five minutes, I felt the dizziness pass, but my vision was still flashing and disappearing. And then I had another realization, “Didn’t I just formulate an essential oil for migraines?” Of course, my neighbor had no idea about herbs or how they work or what formula I was recently working on. So, in my half blind state, I taught him right there on the spot.

And I told him, I’m going to the bathroom to find the prototype. I even have it in stock,” I said, halfway laughing, realizing the strange coincidence. And I stumbled to the bathroom to find it. Ah! There it was! So I took the [Migra-Stop](#) Formula, and just in case (it might have been overkill, but who cares in an emergency, right?), I put a couple of drops of [Germ Shield](#) on my finger with the Migra-Stop and stuck it up my nose. (Funny way to apply an essential oil, but it’s the fastest way to relieve a migraine) Then I took another drop and put it at the back of my neck. And my neighbor asked, “Why are you putting it there?” And I answered, “Because some cases of migraines are due to a misalignment of the neck bones and putting it there addresses that.” When you’ve been hit in the head, the neck can easily go out of alignment. It’s important to follow up with a chiropractor if you have had a head injury or you have a misalignment in the neck.

I stumbled back to the couch again, and said, “Maybe my first diagnosis was wrong. Maybe I detached a retina. That can happen when you receive a blow to the eye and it can cause flashing lights in your visual field.” And I started to panic again because I knew how serious that was. There I was looking like a complete idiot in front of my neighbor as I was watching all of the flashing lights. (I must have looked like a crazy person!) And I decided that if it didn’t improve in fifteen minutes that I would immediately go to the emergency room. But if it improved, I would stay put. And he was all ready to take me to the E. R.

And then it didn’t take but five minutes, and the whole episode just went away.....amazing but true. It really had been a migraine. My neighbor sat there in disbelief as I told him that suddenly all of my vision had returned. He asked, “Uh...What’s in that formula?” And I told him, “Peppermint, Cajeput, Basil, Marjoram.” They’re classic essential oils for helping headaches.” He had never heard of this before and was quite surprised.

It was then that my lip started throbbing, and I applied Germ Shield to my lip. This is because

Peppermint is one of the greatest herbs of all time for trauma and inflammation. Soon thereafter, the pain eased.

The next evening I realized that I had hit the back of my head when I fell over after his *rude* punch to my face. More headaches came on, but the ocular migraine never came back. So, I've been taking lots of Head Relief and Migra-Stop.

I'm sorry I had to close the office for a few days. I'm going to need some time to rest and heal. I apologize to anyone who's order is delayed because of this. I am going to be making some changes to the company. I'll be checking out fulfillment companies to handle the herbal orders so that if anything like this happens again, everyone of you can still get your herbs without any delay. I know I'm not the only one out there right now who needs herbs.

A few quick notes about trauma to the head: if you are elderly or if you had significant trauma to the head, you may have bled internally. This is an emergency, so if there is ever any doubt as to whether you should go to the E.R. or not, just go ahead and go to the E.R. But take a dose of Cayenne first to help stop any internal bleeding before you get to the hospital. It can save your life. Keep the bottle of Cayenne with you in the E.R. in case you find out from the CAT scan that you are bleeding internally. Sometimes a cranial bleed can produce symptoms up to 48 hours after an accident, so you may feel fine at first, but then have a life-threatening situation develop after you leave the E.R. So, please remember to keep taking your [Cayenne!](#)

You never know when an emergency is going to happen. I wouldn't want any of you to be unprepared. Please review the [Herbs For Emergencies page](#) so that you can keep emergency herbs on hand for those times when you're panic stricken like I was and you can't think clearly. You may even want to write out a list of emergency conditions and what herbs to take for them right next to them. Scroll to the bottom of the Emergencies page to see my recommended list of herbs for emergencies. You can put the list on the refrigerator next the kids' pictures for easy reference. And, hey, teach your neighbors some of this crisis herbal medicine so they can help you out, too. Wouldn't it be great if everywhere we went, someone knew about herbs to help in an emergency? They may even thank you for it one day. It starts by teaching one person at a time. In any emergency, don't be afraid to take higher doses. For example, taking eight droppers for a one time dose or taking a dropper full of a formula every hour on the hour until you experience relief. And remember to take a double dose of Essential Nutrients because when the body's been traumatized, it needs extra nutrients to heal.

And I highly recommend mace and pepper sprays. I prefer the pepper spray because if you keep it on your keychain, not only can you use it against an attacker, but you can spray it on a wound to stop bleeding. Please always be aware of your surroundings and stay safe!

Yours in health,
Cynthia Foster, MD

To unsubscribe from this list or to make changes to your information, [click here](#)