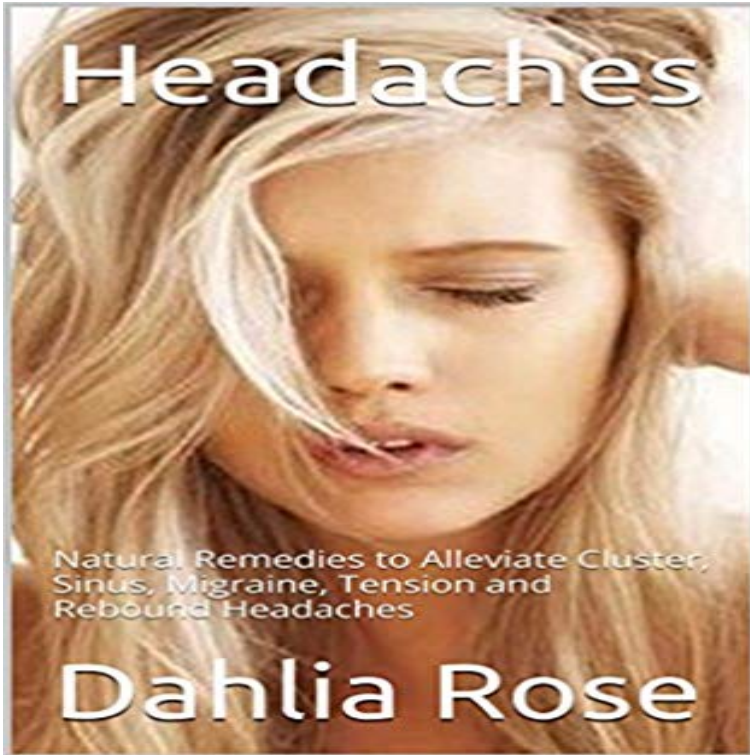


# Headaches: Natural Remedies to Alleviate Cluster, Sinus, Migraine, Tension and Rebound Headaches



If you suffer from headaches and migraines on a regular basis, you may be wondering why. There are many causes for headaches and migraines, and there are also natural remedies that will help you to get rid of them. A headache is simply when your head hurts, and there can be many causes. You can get a headache from being hit in the head, but usually there is an internal reason why your head is hurting you.

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