

CURE YOUR HEADACHE IN FIVE MINUTES



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<http://suratiundhiyu.wordpress.com/>

The nose has a left and a right side; we use both to inhale and exhale.

Actually they are different; you would be able to feel the difference.

The right side represents the sun, left side represents the moon.

During a headache, try to close your right nose and use your left nose to breathe.

In about 5 mins, your headache will go?

If you feel tired, just reverse, close your left nose and breathe through your right nose.

After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'.

Most females breathe with their left noses, so they get "cooled off" faster.

Most of the guys breathe with their right noses, they get worked up.



Do you notice the moment we wake up, which side breathes faster? Left or right?

If left is faster, you will feel tired. So, close your left nose and use your right nose for breathing, you will get refreshed quickly.

This can be taught to kids, but it is more effective when practiced by adults.

My friend used to have bad headaches and was always visiting the doctor.

There was this period when he suffered headache literally every night, unable to study.



She took painkillers, did not work.

She decided to try out the breathing therapy here: closed her right nose and breathed through her left nose.

In less than a week, her headaches were gone! She continued the exercise for one month.

This alternative natural therapy without medication is something that she has experienced.

So, why not give it a try.