

# Tension Headaches

## COMMON SYMPTOMS

- Mild to moderate dull pain
- Tightness or pressure across forehead or sides of head
- Doesn't get worse with movement

## DURATION

- 30 minutes to several days
- Considered chronic when occurring 15+ days a month



# Help For Headache

**KJ Lindholm-Leary**



## **Help For Headache:**

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Help For Headache** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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