



Headaches: Causes And Solutions

Top 5 Reasons for Everyday Headaches



According to a recent survey of headache sufferers, stress and tension came out on top as the main cause. Of those surveyed who have used a headache powder, 69 percent said the powders worked fast.

(NAPSA)—The next time you feel a headache coming on, you won't be alone. According to the National Headache Foundation (www.headaches.org), one in six people—or 45 million people in the United States—suffers from reoccurring headaches each year, and they spend more than \$4 billion every year on over-the-counter pain relievers.

Stress is the No. 1 cause of headaches, according to a recent Synovate eNation survey, followed by allergies, fatigue, dehydration and alcohol.

In the survey, 69 percent of consumers said that headache powders worked fast. A powder

dissolves faster than tablets. Goody's Cool Orange Headache Powder offers temporary relief of minor aches and pains due to headaches, minor body aches and fever.

According to Douglas Hoey, R.Ph. of the National Community Pharmacists Association, it's the format that the headache powder comes in that makes all the difference. "The powder format dissolves faster than tablets. Additionally, the orange flavor makes taking it more pleasant and it is convenient to carry around in the single-dose stick packs."

Visit www.goodypowder.com for more information.