

No Headache In 5 Minutes

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

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

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

Some 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. He took painkillers, did not work
He decided to try out the breathing therapy here:

closed his right nose and breathed through his left nose.
In less than a week
his headaches were gone! He continued the exercise for one
month

This alternative natural therapy without medication
is something that he has experienced

SOOOOOO, why not give it a try