

# *Trees of Olive*

## *Migraine Headaches and Suffering - Being Healed of Needless Pain and Suffering*

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There are thousands, and maybe even millions of men and women, who suffer needlessly from the excruciating pains of migraine headaches, even constant migraine headaches. Constant and needless suffering rob a person of the full enjoyment of life, and is a hindrance to the person in accomplishing many good things in life.

The physical body was, and is perfectly designed of the true God to function properly and at all times. When there is pain, there is a cause. Nothing just happen.

One of the major cause of migraine headaches is that the intestinal area is clogged with waste matters, and even with old fecal matters. The lining of the walls of the intestinal area has many blood vessels, and these blood vessels carry blood from the walls of the intestinal area all throughout the entire physical body, including to the entire head and brain area. When the lining of the walls of the intestinal area is clogged with waste matters, and even with old fecal matters, liquid bi-products of the waste matters, and even of old fecal matters, are carried throughout the person's entire physical body, including to the person's entire head and brain area.

**The Important of Learning How to Take Enemas** - It will be of great blessings to everyone to learn how to properly take an enema, especially a high, warm enema in that at least one gallon of water is taken into the intestinal area when taking the enema. The enema will help to flush all of the waste matters, and even old fecal matters, from out of the body. When the physical body is clogged with all sorts of waste matters, impacted fecal matters, mucus, slimes, and plaques, the person will experience difficulties, and even headaches, and even migraine headaches. Learn the great, healthful benefits of taking a successful enema. Additionally, there are individuals whose life was saved by taking an enema because of having waste matters being carried away from the physical body. Whenever there is any type of sickness or disease the intestinal area must be, and should be, cleansed in order to help in the cleansing and healing of the physical body, and the diet of the person must be a healthy diet, and the

person should be drinking water on a regular basis. Do research on the great benefits of having an enema. Learn the great, healthful benefits of taking a successful enema. Also, learn how to properly take an enema. Taking an enema can be refreshing to the entire body, especially in being relieved from migraine headaches.

There are individuals who took my advice concerning taking an enema because of having migraine headaches, and the person experienced relief within a very short period of time after taking the enema.

**Eating Healthy and More Fiber** - Once a person has thoroughly cleansed their intestinal area, it is very wise for the person to change their entire diet to a more healthy diet, consisting of drinking water (at least 24 oz. of water) upon arising in the early morning, and in having water throughout, and in that the person seeks to eat plenty of fresh fruits, green vegetables, and other types of vegetables as much as possible. Secondly, the person should try to stay away from all junk foods and junk drinks. How many sicknesses and diseases, and needless pain and suffering of the physical body, are connected to the eating of all sorts of junk foods, and to the drinking of all sorts of junk drinks? Take proper care of your physical body at all times.

**Disclaimer and Medical Note:** This article on the **health issues** concerning “**migraine headaches and taking an enema**” is not written for any type of medical guideline; rather, this article is written to help men and women know the importance of, and the great benefits of cleansing of the intestinal area from waste matters, and of the blessings of knowing how to take an enema, and also of taking care of one’s physical body at all times. Secondly, it is very important for everyone “**to always know**” the state of one’s own physical body and well-being, and “**to always know**” things concerning one’s own spiritual and mental health, and also concerning every area and every issue of one’s life, and of important things here on this Earth. Everyone must spend precious time in Prayers unto the true and Great God every night and day, and must spend time in reading, studying and meditating in the Holy Scriptures, and also must “**diligently seek**” the true God for his perfect guidance in every area of one’s life, including concerning one’s own physical body, and concerning the cleansing, healing, health, rejuvenation, and strengthening of one’s physical body, as well as concerning Fasting with Prayers unto him. Finally, it is very important for everyone to always know and understand that no other person on this Earth **own one’s** physical body.

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