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Managing Headaches Naturally

A Free Guide to
Managing Headache
Pain & Tension

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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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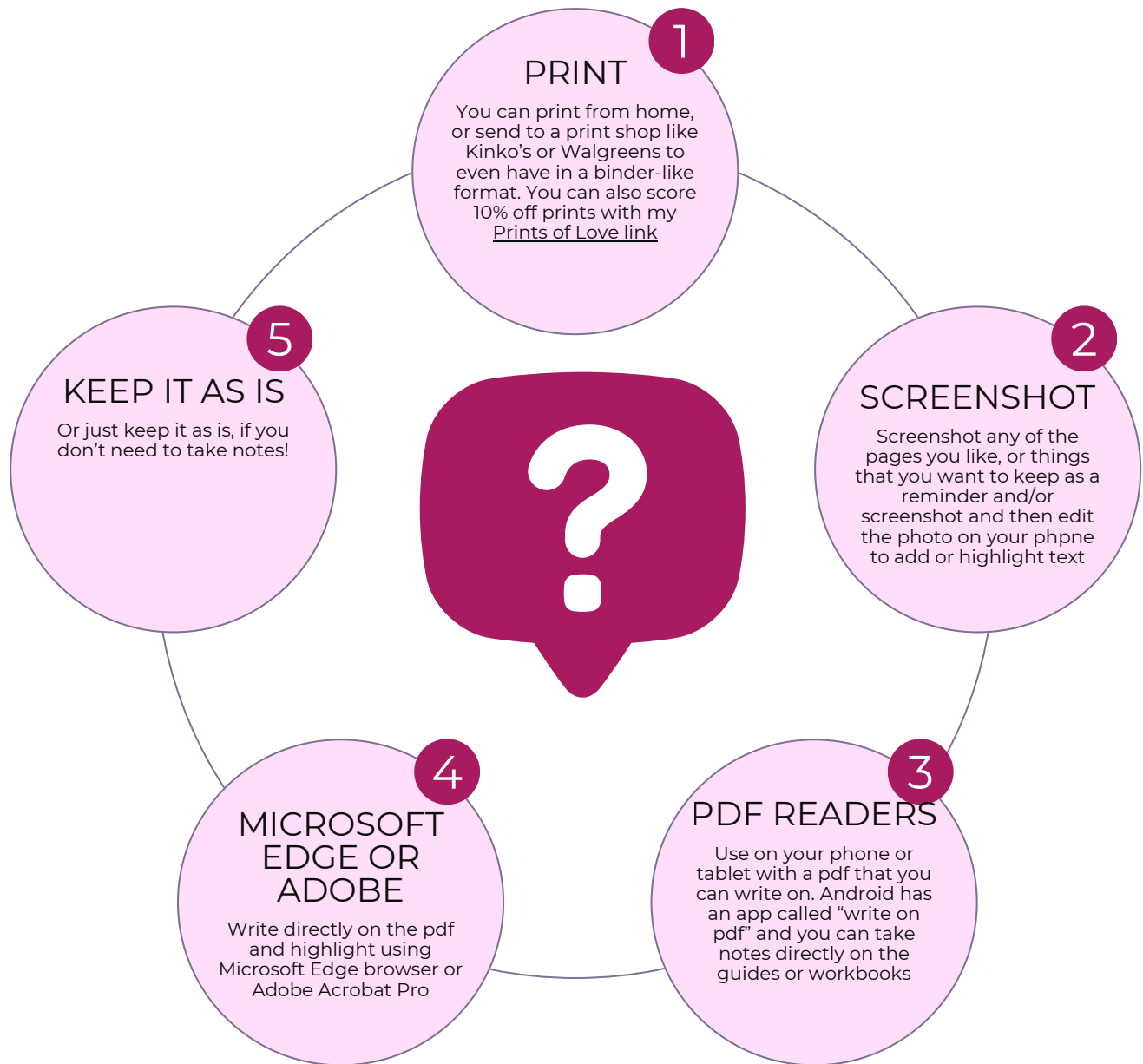
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Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



01

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Introduction

A brief look at the occurrence of headaches



Welcome to Managing Headaches Naturally

Headaches are among the most common health complaints today, affecting people of all ages and lifestyles. Whether it's the dull ache that creeps in after hours at the computer, the pounding sensation from stress and tension, or the sharp pain triggered by dehydration, headaches can feel overwhelming and disruptive. Modern life places constant demands on our nervous system — long periods of screen time, poor posture, lack of quality sleep, jaw clenching, and even shallow breathing can all play a role in making headaches more frequent and persistent.

While medications may provide temporary relief, they rarely address the root cause of what's driving the pain. True, lasting change requires looking deeper at how the body and nervous system work together, uncovering the hidden contributors that fuel headaches, and learning simple tools to restore balance. The good news? Headache relief doesn't have to come from relying on painkillers or quick fixes. By taking a holistic approach and practicing consistent, gentle strategies, you can begin to retrain your system, ease the tension, and create long-term resilience.

This guide is your first step in that process. Together, we'll explore effective exercises, natural supports, and lifestyle resets that empower you to manage headaches naturally. More importantly, you'll discover how Releaseology takes a unique approach — not just chasing symptoms, but addressing the underlying patterns in your body so that you can finally feel better.

Releaseology



The study of releasing pain, stress & dysfunction

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My approach focuses on the brain and nervous system which has helped me treat diagnoses and symptoms that I was taught not possible. **I look at your eyes, jaw, neck mobility, vagus nerve, cranial nerves and so much more** to assess truly where your headache is coming from.



Read more about me and my approach at the end of the guide

Let's Release Your Body's Own Healing Potential

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Exercises For Headaches

Gentle movements for support

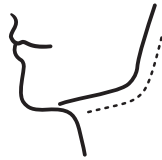
Exercises to Try

Remember, everyone is different and a 1 on 1 approach is always your best option



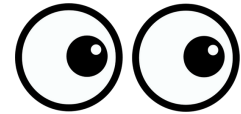
Suboccipital Release

Lie **on your back**, place a foam roller length-wise under your neck and gentle “yes/no” nods. You can use a tennis ball as well, if it’s tolerable



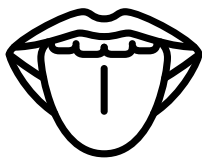
Jaw Relaxation Drill

Tongue resting on the roof of your mouth gently, breathe deeply, soften face/jaw



Eye Tracking

Holding thumb at arms length. Eyes on your thumb, moving thumb side to side and follow with **eyes** while keeping head still



Tongue Stretches

Stick your tongue out in all different directions. Typically, the tightest direction is the one you need to practice a one-on-one assessment with me will help make sure you’re doing it correctly



Scalp Massage

Gentle circular motions at temples, hairline and behind the ears



Hair Pulls

Grab your hair at your temples and pull away from your scalp. Checkout my video [here](#)

Why Releaseology’s Approach is Different

When I assess your headaches there are many things to look at: tongue, face, scalp, eyes, neck tension, nervous system and my assessments make sure I’m tailoring the activities and exercises to what your body likes. My work is about retraining your system, restoring balance, and helping your body support healing at its core. **Releaseology assesses all of these things often in the first 1-2 visits**

Scroll to the end for more info or book an **in-person or virtual session** with me at www.releaseology.com/booknow

Hidden Contributors to Headaches

Headaches are rarely just about the head itself. In reality, the body works as one interconnected system, and dysfunction in other areas often sends stress signals that show up as pain around the skull, temples, or behind the eyes. One of the most overlooked contributors is the eyes. Hours of screen time or subtle vision imbalances can place a surprising strain on the muscles at the base of your skull. When your eyes work harder than they should, your head and neck adjust to compensate, and the result is often lingering tension headaches.

Eyes

Dysfunction in eye movement can shift posture and head alignment, forcing the neck to compensate or strain on the eyes which can cause headaches

Jaw

Clenching, grinding, or TMJ dysfunction affects cranial nerves and posture, directly feeding into spinal tension along with fascial tension that can pull on the head and neck

Diaphragm

Restricted breathing mechanics requires the accessory (neck) muscles to assist in more breathing than they're supposed to and excessive neck compensation can cause headaches

Cranial Nerves

These control eye, jaw, and tongue function. If they're not firing well, compensations ripple down through the spine.

Tongue

Poor tongue position destabilizes head/neck, contributing to tension.

Scar Tissue

Scars from surgeries or injuries can create fascial restrictions that pull through the spine and limit movement. Scars also heal over nerves and arteries affecting nerve conduction and blood flow

Why This Matters:

When one of these areas isn't functioning properly, your head experiences increased fascial tension which physically pulls on structures in your head (eyes, jaw, tongue) along with the cranial bones. This is why Releaseology focuses on more than stretching — I retrain your nervous system, release compensations, and restore balance so your headaches can be a thing of the past.

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Supplements & Topicals

My favorites, plus discounts!

Recommendations for Supplements and other Products

Magnesium Lotion

Magnesium changed my life. I used to suffer from chronic charley horses, and it's saved me at a time I thought I might need the ER - I applied magnesium lotion, went to bed, and woke up pain-free — the pain never returned. Magnesium is essential for muscles to contract and relax. [Trace Minerals brand](#) is topical so it won't upset your bowels or make you drowsy. While it doesn't help if pain comes from a stuck joint or nerve, for muscle-related pain and tension it's one of my most powerful tools. Apply to your neck for headache relief

Moist Heating Pad

I always recommend a moist heating pad over a regular one. Moist heat penetrates deeper into the muscles, increases circulation, and relaxes tension much faster than dry heat. A regular heating pad can sometimes just warm the surface, but moist heat helps soften stiff muscles and prep the body for stretching or release work. It's one of my favorite simple tools for any pain. [Thermophore](#) has been my favorite brand for awhile and their products have lasted me several years. But you can just search [moist heating pad on Amazon](#)

Essential Oils

Don't overlook the benefits of essential oils. In regards to pain: [peppermint](#), [lavender](#) and [eucalyptus](#) would be great! I love [Plant Therapy](#) because the quality and price point are great, plus they have their oils in hair sprays, roll-ons, candles, [muscle aid body cream](#) and so much more!



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Weekly Reset Plan for Headache

Maintain consistency and overcome setbacks



Consistency beats intensity. Try this simple reset to keep headaches under control:

1

Daily (5 minutes)

Choose 2-3 exercises of the following (take just 5 minutes per day)

- Eye Tracking
- Suboccipital Release
- Jaw Relaxation Drill
- Tongue Stretches
- Scalp Massage
- Hair Pulls
- Hydrate! Electrolytes Matter (see my guide here)

2

2-3x Weekly

Use a moist heating pad and/or magnesium lotion to your neck, jaw and even your head, if able.

Digital Detox to reduce screen time for eye strain and brain recovery

3

Weekly (15 minutes)

Set aside 15 minutes for a nervous system reset. You can add deep breathing, humming, splashing your face with cold water and/or check out the free exercises I post on my YouTube or purchase my library of nervous system exercises (next page).

My Self-Paced Nervous System Courses

Nervous system work is so important to headaches because it helps to regulate vision, breathing, jaw tension, facial tension which all put less strain on your head, overall. Decreasing the overall threat to the body will also allow it to sense less “attack” creating less head, neck and jaw tension.

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

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More Resources

More resources to support your healing journey

Want More?

If you liked this guide, I have a few more resources!

For the most up-to-date guides, head to:

www.releaseology.com/fitness-resources

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted for AZ clients



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About the Author

What makes Releaseology different

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neuromuscular therapy (NMT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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