

## Ice Cream Headache And Other Stories

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### Ice Cream Headache And Other

James Jones's The Ice-cream Headache and other stories, is a collection of some of his earliest and later efforts as a short story writer. Many are autobiographical. Themes range from a small boy growing up in mid-western, small town depression era America and life as a post-World War struggling writer.

**The Ice-Cream Headache: and Other Stories: Jones, James**

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Symptoms of an ice cream headache include: Sharp, stabbing pain in the forehead. Pain that peaks about 20 to 60 seconds after it begins and goes away in about the same time. Pain that rarely lasts longer than five minutes.

## **Ice cream headaches - Symptoms and causes - Mayo Clinic**

Also known as an ice cream headache, a cold stimulus headache, or by the medical term “sphenopalatine ganglioneuralgia,” the sharp throbbing pain in your forehead or temple is a familiar ...

## **Ice Cream Headaches & Brain Freezes - Why They Happen**

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## **Amazon.com: Customer reviews: The Ice-Cream Headache: and ...**

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## **Ice cream headaches Disease Reference Guide - Drugs.com**

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## **The Ice-Cream Headache & Other Stories by James Jones**

Because ice cream headaches are so short-lived, they're hard to study, and there's no consensus on how to stop them. Most people have their own methods; the most common is to curl the tongue and press the underside against the roof of the mouth. The best way to prevent the headache is to eat very cold foods

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slowly. — Celeste Robb-Nicholson, M.D.

## **What causes ice cream headache? - Harvard Health**

A cold-stimulus headache, colloquially known as an ice-cream headache or brain freeze, is a form of brief pain or headache commonly associated with consumption of cold beverages or foods such as ice cream and ice pops. It is caused by having something cold touch the roof of the mouth, and is believed to result from a nerve response causing rapid constriction and swelling of blood vessels or a "referring" of pain from the roof of the mouth to the head. The rate of intake for cold foods has been s

## **Cold-stimulus headache - Wikipedia**

Ice pick headaches are categorized by several symptoms. These include: sudden, stabbing head pain, which typically lasts for 5 to 10 seconds. pain which may be categorized as moderately severe to ...

## **Ice Pick Headaches: Causes, Treatments, and Symptoms**

If you are bothered by ice cream headaches, try eating slowly and warming the cold food at the front of your mouth before you swallow it. Headache from high blood pressure. Except in cases of very high blood pressure, hypertension does not cause headaches.

## **Headache: When to worry, what to do - Harvard Health**

An ice cream headache is more likely if you are overheated. The pain peaks in about 30 to 60 seconds. "Cold foods, like ice cream, may be migraine triggers for people who suffer from migraines, but...

## **8 Foods That Trigger Headaches | Everyday Health**

In this diary, also track other factors that occurred within 24 hours of the headache (did you eat on time, skip meals, experience a stressful event, stage in menstrual cycle etc). With all of this information in hand, you can begin to sort out and discover for yourself the factors that provoke your headache.

## **Headaches and Food - Cleveland Clinic**

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Many people find that eating ice cream, drinking ice-cold water, slurping a slushy drink, or holding cold water on their upper palate is effective. Even people who find no relief from medications and other common migraine treatment recommendations have reported migraine relief from this seemingly strange yet simple strategy.

## **Self-Inflicted Brain Freeze May Offer Migraine Relief ...**

The ice-cream headache is also known as a cold-stimulus headache or trigeminal headache. It is thought to be caused by rapid constriction of the blood vessels in the roof of the mouth (palate).

## **Brain freeze: The science behind ice cream headache**

The Ice-Cream Headache—out of print for more than fifteen years—is Jones's only collection of short stories. Unique to the collection is an author's introduction that illuminates his development as a writer over twenty years, beginning in 1947.

## **The Ice-Cream Headache and Other Stories | James ...**

Also known as ice cream headache, cold stimulus headache, or by its hard-to-pronounce scientific name, sphenopalatine ganglioneuralgia, it's a sudden and intense kind of pain that can catch you ...

## **What Causes Brain Freeze and How Do I Stop It? | Health.com**

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