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# Headaches and Sunglasses

The great majority of people have headaches at one point or another, and many folks in North American have migraines, varying in frequency from one or two times a year to once a month or even more frequently. In many cases, a headache or severe headache forces the sufferer into isolation until it goes away, damaging their power to work, socialize, and sometimes live life to its fullest.

What most folks don't already get is that many headaches and headaches can be stopped through the regular use of a good set of [sunglasses](#)! No matter whether it's the summer solstice or the frigid depths of winter, a quality pair of sunglasses is a very handy preventive health item as well as a fashion accessory. Since bright light can trigger migraines, headaches, and contribute to strain and other defects, a great pair of sunglasses can seriously improve your standard of life, as well as preventing major eye degeneration that may finally lead to blindness.

A useful pair of sunglasses should block both UVA and UVB rays, but new research suggests that High Energy Visible (HEV) light might also make a contribution to eye disorders, particularly in kids. There is still insufficient data on this subject, but some makers now design to dam UV rays as well as HEV light, reducing your changes or visual damage from light sources.

It's very important to note that dark glasses are not the same as UV-exclusive glasses. Check to be sure that your shades are made by a reputable manufacturer, and that they are certificated to block out UVA and UVB at least - if they don't do this, it's extremely possible that they're worsening your exposure to harmful light by fooling your eyes into.

Since damage from UV exposure is cumulative, it's important to continually wear a fine quality set of null, and to start young. If you teach your youngsters at a tender age about the value of wearing good null, you may save their eyes from damage later - and besides, everybody knows how cool a good set of shades look.

Kay Bornham has been writing about fashion and sunglasses for more than 10 years. For detailed info about [Armani Sunglasses](#) and [Ray Ban Clubmaster](#) please visit our web site.

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