

June Newsletter

National Migraine & Headache Awareness Month



June 2019

Headaches are a common but not “normal” condition that many people suffer with on a daily basis. Several types of headaches exist, tension (most common), cluster, and migraines. Although, medications are targeted at relieving symptoms, a number of effective, natural remedies also exist. Below is a list of effective home remedies to naturally get rid of headaches.

1. Drink water—studies show that chronic dehydration is a common cause of tension headaches and migraines. How much water? Approximately half your bodyweight in ounces per day.
2. Take some magnesium—it is an important mineral, necessary for countless functions of the body. It is a safe and effective treatment for headaches. Studies have shown that 600mg of oral magnesium per day helped reduce both the frequency and severity of migraine headaches. To avoid digestive side effects of diarrhea, magnesium glycinate may be a better choice.
3. Avoid food that are high in histamine—ie: aged cheeses, fermented foods, beer, wine, smoked fish, and cured meats.
4. Try a B-complex vitamin—several studies show that riboflavin (B2) folate, B12, and B6 may reduce headache symptoms.
5. Consider taking CoQ10—studies show CoQ10 supplements may be an effective and natural way to treat headaches.
6. Try an elimination diet—studies suggest that food intolerances can trigger headaches in some people. Aged cheese, alcohol, chocolates, citrus fruits, and coffee are the most commonly reported food triggers in people with migraines.
7. Relax with yoga—it is an excellent way to relieve stress, increase flexibility, decrease pain, and improve overall quality of life.
8. Avoid nitrates and nitrites—they are common food preservatives added to items like hot dogs, sausages, and bacon to keep them fresh. Limit the amount of processed meats in your diet.
9. See a chiropractor—nerve stress, particularly in the neck when the vertebrae are misaligned, can trigger stress headaches. Areas misaligned in the middle part of the back can affect adrenal function which drives the other hormone-producing glands, leading to migraine headaches, which may be hormonal in nature.

If you have questions regarding dietary modifications or Chiropractic care to reduce or eliminate headaches, please contact me by email, drwink@comcast.net, phone 412-855-2241, or call our office 724-223-0590. I will be happy to help you in any way I can. Enjoy your June!



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drwinkonline.com



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