**MIGRAINE TIPS**

Migraine thresholds (the line in which we tip over into a migraine) differ from one person to the next. Some have genetic predispositions, other have acquired dispositions (such as history of concussions). Nutrition, sleep, hydration, stress, environmental exposures, and lifestyle can all influence how close we are to our tipping line.

Migraines can present themselves to patients in a variety of ways, including nausea and vomiting, pulsating and throbbing pain, tension in neck or base of the occiput, and sensitivity to light and noise.

When approaching Migraine treatment it is best to first try to identify and minimize controllable triggers. Several supplements have excellent efficacy when used to treat migraines, and frequently carry fewer health risks than most prescriptive medications and so are great first line treatment options.

***Acupuncture*** *-* increases blood flow to tissues and has been shown in studies to prevent migraines.

***Butterbur***- one the main ingredients in this herb, petasin, reduces inflammation and can prevent the swelling that leads to migraines.

***Fever few*** *-* has been proven to relax the tension and constricted blood vessels, easing the painful pressure. It also reduces inflammation.

***Vitamin B2*** *-* An effective preventive treatment for migraines.

***Melatonin -***has been shown effective to help migraines when taken consistently.

***Magnesium*** *-*Magnesiumdeficiency could very well be the cause of your headaches and migraines. Correct the deficiency, and end the migraines.

Magnesium supplements can also aid in relieving a headache a headache that’s already begun.

Dietary contributions should be reviewed and minimized where able. Avoid alcohol, excess sugar and caffeine, and foods containing tyramine, tannins, nitrites, sulfates, and common additives.  Above all, there is no substitute for water. Drink half your body weight in ounces of water each day.

Aiming for 7-9 hours of restful sleep each night, minimizing screen time, and addressing stressors that are within your control are also powerful tools

Musculoskeletal tension in the neck and scalp can trigger and cycle as a result of migraines. Working with a professional who does myofascial work in these zones can be a consideration.

Lastly fluctuating hormones for some can be a large trigger—both spiking hormones, and dropping hormones. Speak to your medical provider about options that may influence these functional triggers.