

MIGRAINE HEADACHES

What causes Migraine Headaches?

- **Neurological Activities:** an accumulation of stressors leads to a release of neurotransmitters that cause blood vessels to constrict resulting in head pain and other migraine symptoms
- **Hormones:** there is a direct link to migraine headaches and the fluctuation of female hormones, such as estrogen and progesterone during the menstrual cycle
- **Nutritional Deficiencies:** reduced levels of Magnesium, Vitamin B2 and Vitamin B6 in the body have been associated with migraines
- **Genetics:** a susceptibility for experiencing migraines can be inherited from your parents

What are some Triggers of Migraine Headaches?

- Emotional stress
- Lack of adequate sleep
- Weather changes (barometric pressure changes, exposure to sun)
- Eyestrain
- Muscle tension
- Menstruation, birth control pills, estrogen-replacement therapy
- Food sensitivities

Can Food Trigger Migraines?

Yes! Food intolerances play a role for many people with migraines. Clinical studies have

demonstrated that detection and removal of triggering foods will eliminate or greatly reduce migraine symptoms. Virtually any food can potentially trigger a migraine, depending on your body's unique reaction. Some common food triggers are: Dairy products, Alcohol, Caffeine, Pickled foods, Citrus fruits and MSG.

What can you do to Avoid Migraine Headaches?

- Learn techniques to manage your stress
- Regular exercise
- Get plenty of good quality sleep
- Drink at least 8 cups of water every day
- Eat healthy meals and snacks throughout the day and don't skip meals. Eating healthy snacks will prevent low blood sugar, which can trigger migraines.
- Maintain good posture and do frequent neck & shoulder stretches daily
- Identify foods that trigger your migraines and avoid them

How can a Naturopathic Doctor treat Migraine Headaches?

- Identifying the triggers for your migraine headaches
- Providing you with an individualized treatment plan including nutritional guidance, herbal medicine, acupuncture and mind-body medicine

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