Top 14 Non-Drug Remedies
For Migraines

1. <u>Acupuncture</u> – Among the best therapies for pain of all kinds, acupuncture is often excellent for migraines.

2. <u>Massage</u> – Get frequent, deep massage on your neck, shoulders, upper back (especially along the *inside edge of the shoulder blade*), and skull. Roll on a lacrosse ball along the shoulder blades and upper back at home.

3. <u>Hydration</u> – Drink ½ the number of pounds you weigh as ounces of water *evenly* over each day. (If you weigh 200 lbs, drink 100 ounces)

4. <u>Avoid Caffeine</u> – While it sometimes helps a headache in progress, studies show *cutting it out altogether* usually helps even more.

5. <u>Avoid Food Sensitivities</u> – Eating foods we are sensitive to is a major trigger of migraines. Get help doing an *elimination diet.*

6. <u>Avoid Hypoglycemia</u> – A drop in blood sugar is another major trigger. Eat some protein with each meal and avoid sugary foods and drinks.

7. <u>Avoid Aspartame (Nutrasweet)</u> – Sometimes provokes migraines.

8. <u>Reduce Your Stress</u> – Do whatever it takes. Exercise, do yoga, have fun, breathe, vacation, get acupuncture, massage, counseling, etc.

9. <u>Avoid MSG</u> – A trigger for some folks. Worth avoiding either way.

10. <u>Magnesium</u> – Try 600 mg a day, half in morning, half in evening (work up to 1000 mg a day). Cut back if it gives you loose bowels.

11. <u>Direct Pressure on the Head</u> – Pressing on the head, or wrapping a tight band around the head and inserting nubs at the worst spots often helps.

12. <u>B Vitamins</u> – Several of the B vitamins are helpful for migraines, and we use more of them when stressed, so just take a complete B Complex daily.

13. <u>Customized Chinese Herbal Formula</u> – In the hands of a specialist, Chinese herbs can be profoundly effective for migraines.

14. <u>Essential Oils</u> – Put a few drops on a tissue and inhale, or dilute with massage oil and rub on temples, back of neck & upper back. Some favorites: valerian, lavender, marjoram, peppermint, Roman chamomile, rosemary.