

## Top 14 Non-Drug Remedies For Migraines

1. Acupuncture – Among the best therapies for pain of all kinds, acupuncture is often excellent for migraines.
2. Massage – 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. Hydration – Drink  $\frac{1}{2}$  the number of pounds you weigh as ounces of water *evenly* over each day. (If you weigh 200 lbs, drink 100 ounces)
4. Avoid Caffeine – While it sometimes helps a headache in progress, studies show *cutting it out altogether* usually helps even more.
5. Avoid Food Sensitivities – Eating foods we are sensitive to is a major trigger of migraines. Get help doing an *elimination diet*.
6. Avoid Hypoglycemia – A drop in blood sugar is another major trigger. Eat some protein with each meal and avoid sugary foods and drinks.
7. Avoid Aspartame (Nutrasweet) – Sometimes provokes migraines.
8. Reduce Your Stress – Do whatever it takes. Exercise, do yoga, have fun, breathe, vacation, get acupuncture, massage, counseling, etc.
9. Avoid MSG – A trigger for some folks. Worth avoiding either way.
10. Magnesium – 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. Direct Pressure on the Head – Pressing on the head, or wrapping a tight band around the head and inserting nubs at the worst spots often helps.
12. B Vitamins – 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. Customized Chinese Herbal Formula – In the hands of a specialist, Chinese herbs can be profoundly effective for migraines.
14. Essential Oils – 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.