

This is the time to make a change in your life.
Tired of these painful Migraine Headaches?
I present to you 15 explained TIPS to start working on this
RIGHT NOW!

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Introduction

First of all let me say **Thank You** for getting a copy of my eBook.

If you are reading these lines it is because you are actually suffering some kind of headaches, and I know exactly how you feel. I suffered Migraine Headaches for more than 10 years, until I decided to make a change in my life, and that was the reason for me to create this eBook. My wish is to help others to find the way, the correct way, to succeed in this battle.

The best thing you must know is that you are NOT alone. Millions of people around the globe suffer this disease the same as you do, you only need to understand that this can be treated, and be cured successfully.

But...

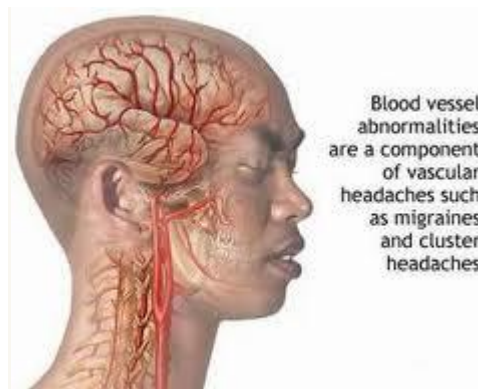
Let me say you straight away that there is **no** magical cure for this, the most powerful tool you will have in your hands, in order to combat your Migraines, will be your **PATIENCE**.

So, if you think you are ready, and you are willing to take time to change certain habits in your life, I am sure that this eBook will be very helpful for you.

What Are Migraines?

A migraine is a potentially debilitating condition most notably recognized by moderate to severe headaches. Migraines typically affect 1 side of the head with pulsating pain that generally lasts from 4 to 72 hours.

Accompanying symptoms include nausea and vomiting and increased sensitivity to light and/or sound. Some migraine sufferers also experience unusual sights, smells, or other sensory experiences that signal an oncoming migraine.



While migraines are often treated with one or more medications to address the specific symptoms, alternative or "natural" treatments have been used to treat migraines for thousands of years.

More than 45 million Americans get severe or chronic headaches, but the subgroup that specifically suffers from migraines is thought to be around 18 million. If you don't personally have migraines, odds are that you know someone who does.

TIP 1

Keep a headache diary.

The exact causes of migraines aren't clear, and migraines seem to be triggered by a wide variety of different things.



The image shows a spiral-bound notebook with a white page containing a table for tracking headaches. The table has five columns: Date, Duration of headache, Intensity (1-10), Possible Trigger, and Relief / Treatment. The first row is filled with the example: 6/10, 2 hours, 8, Bright light, and 2 aspirin.

Date	Duration of headache	Intensity (1-10)	Possible Trigger	Relief / Treatment
6/10	2 hours	8	Bright light	2 aspirin

A headache diary can help you determine this, and it can also help you and your doctor monitor the effectiveness of treatments.

Being able to review a record of things done, eaten, experienced, and felt during the 24 hours prior to the onset of a migraine can teach you a great deal about your personal triggers.

Some of the possible **triggers** for migraines include:

- Low blood sugar – brought on by hunger or too many refined carbohydrates.
- Dehydration – inadequate intake of fluids through the day.
- Shock, stress, or worry.
- Loud noise, especially continuous.
- Hormonal changes.
- Close proximity to compact fluorescent lights (curly bulbs).

- Foods containing tyramine and/or nitrites – eggplant, potatoes, sausage, smoked meat (bacon, ham), spinach, sugar, aged cheese, beer, and red wine. Other tyramine containing foods include cheese (in general), chocolate, fried food, bananas, plums, broad beans, spinach, tomatoes, and citrus fruit. Foods with high levels of seasoning such as MSG or artificial additives might also contribute to triggering a migraine. Soy products, particularly fermented ones, can contain high tyramine levels. Tofu, soy sauce, and teriyaki sauce, and miso are examples of such soy products.
- Food allergies. An allergy to a certain type of food can trigger a migraine in susceptible people.
- Lack of sleep – a disturbed sleep routine reduces your energy and tolerance. Insomnia increases the chances of a migraine.
- Bright light or certain colors of light.
- Changes in the weather or climate (barometric pressure). A dry atmosphere or a warm, dry wind can trigger migraines.



TIP 2

Be aware if you're "at risk" for getting migraines.

Some people appear to be more susceptible to having migraines than others.

The age range for migraines is around 10 to 40, with those aged 50 and over tending to suffer much less from migraines.



Women are three times more likely to have a migraine than men (with the thought that estrogen may trigger migraines), and migraines seem to run in families, with over half those suffering from migraines also having close relatives with migraines.

Note that oral contraceptives appear to worsen migraines for some women.

TIP 3

Recognize the early warning signs of a migraine.



Many migraines are preceded by certain symptoms, called *prodrome* symptoms (early symptoms, such as the renowned "migraine aura", and changes in mood or behavior).

Taking special care to relax and to avoid potential triggers when you notice these signs may prevent an impending migraine or lessen its severity.

It's also very important to try to keep a positive attitude if you notice these symptoms, as the additional stress and anxiety can self-fulfill or worsen the migraine. Symptoms include:

Visual disturbances: About a third of migraine sufferers experience *migraine with aura*, a condition in which the migraine headache is preceded by visual disturbances, including the appearance of flashing lights, blind spots, or "snowy" vision. The aura may also manifest itself as tingling or numbing sensations in the skin or in the form of auditory disturbances.

- Difficulty communicating or understanding people. There may be a difficulty in talking (less common).
- Stiffness in the neck.
- Mood changes, including depression, euphoria, and irritability.
- Increased thirst and/or fluid retention.
- Diarrhea or nausea: these symptoms often accompany a migraine in addition to, or instead of, preceding it.
- A marked increase or decrease in appetite.
- Sensitivity to light and sound. There may be jagged, shimmering, or flashing lights, or a blind spot that has flickering edges.
- Fatigue or restlessness.

TIP 4

Create a plan of management for migraines.



While it will probably not be possible to avoid all migraines, it should be possible to learn your triggers and to react quickly to try and head them off.

It is definitely possible also to do a number of things that reduce the chances of the pre-migraine symptoms from even appearing, by making changes to your lifestyle.

The following steps are suggestions that will lead to lifestyle changes to improve your chances of avoiding migraines. Many of these changes will also result in other benefits to your health in general, so try to see this as a holistic exercise in ensuring your good health.

Go through your migraine diary and try to see what patterns have developed. Which of *the* suggested triggers appear to match your experience of getting a migraine?

Are there any particular times of day or the week, or even the season that appear to create more problems for you than others?

Map out an approach to managing the prevention of your migraines once you have ascertained the pattern. Put the plan into action, following the next suggestions. Record the outcomes and stick with anything that works for you to head off migraines.

TIP 5

Avoid problem foods and eat protective foods.



If you have established which foods seem to trigger your migraines, eliminate them from your diet, or at least minimize them, for a period of time to see how you feel and respond. Be aware that not everyone will have the same food triggers or responses, so this is something you need to work through yourself.

Check out the list of foods above and make sure that they are not problematic for you. Remove those that are by trialing them on an elimination diet. Keep in mind that one challenge is the "craving" when a migraine is already triggered before the symptoms appear; this can be a difficult task to work out whether or not the food in question was a cause or a result of the onset of a migraine – it's best to speak to your doctor about the possibilities where you have concerns.

Eat a healthy, well-balanced diet of fruit, vegetables, whole grains, and quality protein. Eat lots of dark green vegetables such as broccoli, spinach, and kale, as well as eggs, yogurt, and low-fat milk. These contain vitamin B which helps prevent migraines.

Eat foods rich in magnesium, which relaxes blood vessels and ensures proper cell function. Magnesium rich foods include nuts (almonds are especially good), cashews, whole grains, wheat germ, soybeans, and various vegetables.

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