

Conquer Your Migraines Naturally: Integrative Medicine to the Rescue!

Migraines can be debilitating, stealing your joy and leaving you feeling helpless. But before you resign yourself to another throbbing headache, consider the power of integrative medicine! By combining the best of conventional and alternative approaches, you can take control and reclaim your life.

Supplements & Herbs

When buying supplements and herbal therapeutics please look for GMP or USP seal of quality, which verifies it contains what is written on the label and has been manufactured in a facility with medical grade standards.

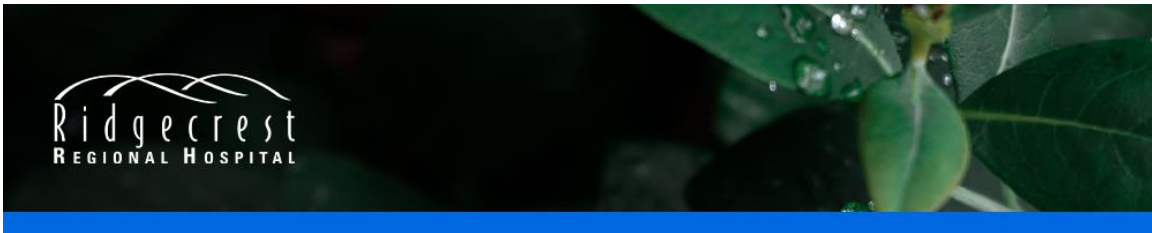
- **Magnesium:** This wonder mineral helps regulate nerve function and blood vessels, both crucial in preventing migraines. Aim for 400-800mg daily.

*Magnesium glycinate or other “high absorption” formula. Other formulas are laxatives.
- **Riboflavin (Vitamin B2):** This vitamin plays a role in energy production and may help prevent migraines in some people. Aim for 400-600mg daily.
- **Coenzyme Q10 (CoQ10):** This antioxidant powerhouse supports energy production in brain cells, potentially reducing migraines. Try 100-200mg daily.
- **Feverfew:** This herb has anti-inflammatory properties and may help reduce migraine frequency and severity. Start with 120-240mg daily but consult your doctor first as it can interact with some medications.

Lifestyle Tweaks

Hydrate like a champ: Dehydration can trigger migraines. Aim for 8 glasses of water daily.

Fuel your body: Skipping meals can worsen migraines. Eat regular, balanced meals rich in fruits, vegetables, and whole grains.



Sleep soundly: Aim for 7-8 hours of quality sleep each night. Establish a regular sleep schedule and create a relaxing bedtime routine.

Move your body: Regular exercise, even just brisk walking, can reduce stress and improve blood flow, both beneficial for migraines. Aim for 30 minutes most days.

Manage stress: Chronic stress is a major migraine trigger. Practice relaxation techniques like yoga, meditation, or deep breathing.

Identify your triggers: Keep a headache diary to track potential triggers like certain foods, weather changes, or hormonal fluctuations. Avoiding these triggers can be key to prevention.

Bonus Tip: Embrace the power of leafy greens! Spinach, kale, and swiss chard are packed with magnesium, folate, and nitrates, all migraine-fighting nutrients. Aim for 2-3 cups daily.

Remember, consistency is key. Stick with your integrative medicine plan, and you might be surprised at the results!

Disclaimer: This information is not intended as a substitute for professional medical advice. Always consult your doctor before starting any new supplements or making significant lifestyle changes.

Sources

American Migraine Foundation: <https://americanmigrainefoundation.org/migraine-treatment-options/>

National Center for Complementary and Integrative Health: <https://www.nccih.nih.gov/>

The Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>

Let's kick migraines to the curb, naturally!