



NATUROPATHIC APPROACH TO MIGRAINES

A migraine is a very painful type of headache. People who get migraines often describe the pain as pulsing or throbbing in one area of the head. During migraines, people are very sensitive to light and sound. They may also become nauseated and vomit.

Migraine is three times more common in women than in men. Some people can tell when they are about to have a migraine because they see flashing lights or zigzag lines or they temporarily lose their vision.

Many things can trigger a migraine. These include:

- Anxiety
- Stress
- Lack of food or sleep
- Exposure to light
- Hormonal changes (in women)

There are a number of treatment options available for migraines. Treatments are aimed to control the symptoms and prevent future episodes. Patients may benefit from immediately treating their migraine as soon as symptoms appear. This may lessen the severity of the headache.

Simple treatment methods for migraines include:

- Resting in a quiet and darkened room. During a migraine, patients are often sensitive to noise and light. Silence and darkness may lessen the severity of migraine symptoms
- Drinking fluids. This prevents dehydration, especially after vomiting
- Placing a cool cloth on the head

Some naturopathic treatment for migraines include:

- Diet: decrease consumption of chocolate, cheese, and MSG to mention a few
- 5-HTP: studies have shown that supplementation with 5-HTP benefits various headaches
- Magnesium: levels tend to be lower in those with migraine headaches
- Feverfew: traditionally used for headaches and is very popular for migraines
- Acupuncture: restore balance
- Myer's cocktail: an IV push with various vitamins and minerals help decrease the severity of an acute attack

For more information talk to Dr. Michael Hoffmann, ND