

# Migraines/Headaches – Fact Sheet

Headaches are one of the most common neurological symptoms experienced by many worldwide with recurrent head pain being the main characteristic. There are multiple classifications of headaches experienced with tension-type headaches and migraines being the most common.

Migraines are often associated with triggers such as: foods, contraceptives, hormonal imbalances, excessive hunger, changes in altitude and weather, bright lights, excessive smoking, emotional stress and genetics. Throbbing pain is often experienced on one side of the head with sensitivity to bright lights and loud sounds. Nausea and vomiting may be accompanied and warning signs such as visual disturbances. Migraines may last between 4-72 hours in duration and tend to be more prominent in females.

Tension type headaches are often associated with emotional stress, anxiety and hidden depression and result in a dull pain and non-throbbing, often bilateral and severity remains constant. Tightness in the neck and scalp may be experienced and these headaches can occur daily.

## Nutritional Considerations

- Stay well hydrated at all times – drinking at least 1.5L of water daily.
- Eat frequent protein rich meals to reduce the risk of hypoglycaemia.

## Foods to reduce/eliminate:

- Caffeine.
- Alcohol as it contains trigger sources such as histamine and tyramine and it can cause magnesium deficiency and dehydration.
- Aspartame and other artificial sweeteners.
- Nitrites and other food preservatives.
- Dietary amine foods.
- Histamine foods.

## Other Suggestions

- Chiropractic work or massage if muscular pain is experienced.
- Aim for 8 hours of quality sleep every night.
- Reduce stress (i.e. meditation and yoga).
- Regular exercise.
- Psychological therapies (i.e. cognitive behavioural therapy).
- Reduce environmental toxin exposure (i.e. using natural products for cleaning, avoidance of perfume). Choose organic and chemical free where possible.

Depending on what triggers your migraines will have a huge role in the best treatment protocol. Customised nutritional plans comprising of a specific food plan with the support of nutrient/herbal supplements can be very effective in the management of migraines by reducing the severity. If you require support please visit [www.good4younutrition.com.au](http://www.good4younutrition.com.au)