



## Improve Your Lifestyle Habits to Reduce Migraine Pain

There are six lifestyle habits that may impact the frequency and severity of a migraine headache.

### 1. Skipping meals

Doing so can lead to blood sugar fluctuations. Try to eat at around the same time each day, especially in the morning.

### 2. A regular sleep schedule

Sleeping too little or too much can trigger migraine headaches.

### 3. Exercise and manage your weight

Exercise helps regulate the sleep/wake cycle. Studies suggest that obesity leads to chronic inflammation which can be a migraine trigger.

### 4. Depression

About 20 percent of people who have 15 or fewer migraine days per month also have depression. That percentage goes up for those with 15 or more migraine days per month. Medication and non-drug therapies can help. See your doctor to learn more.

### 5. Anxiety

Migraine is a distressing condition to live with, so it's not surprising that anxiety is common among migraineurs. A wide range of proven therapies include biofeedback and guided visual imagery.

### 6. Take medication as prescribed

Migraine medications are generally divided into two categories: acute and preventive. It's important that you take medications exactly as prescribed. Learn more [here](#).

# Alternative Migraine Treatment – What Works, What Doesn't

Within the medical community, “alternative” refers to a diverse range of practices and products not presently considered to be part of standard, conventional treatments. Here’s what The American Migraine Foundation says about some of the most common alternative treatments for migraine.



- **Magnesium**

Found naturally in many greens, nuts, seeds and grains, magnesium is known to reduce migraine frequency. Boost your magnesium intake with oral supplements or by eating more magnesium-rich foods.

*Doctor Says: Effective*

- **Homeopathic Treatments**

Homeopathy claims that ingesting tiny amounts of certain elements forces the body to react and change. An example of this is taking belladonna or other poisonous herbal substances. Tests have not supported this type of treatment.

*Doctor Says: Not Effective*

- **Essential Oils**

While a bottle of lavender oil smells pleasant and might help you relax, it won't prevent or relieve a migraine.

*Doctor Says: Not Effective*

- **Acupuncture**

Studies have shown that acupuncture can be effective in reducing chronic pain, including migraine. Review your benefits plan to see if acupuncture is covered.

*Doctor Says: Could be Effective*

- **Butterbur**

This herb has become popular for treating pain and other ailments and studies have shown it to be effective for migraine in some patients. However, it carries a rare but serious risk of liver toxicity and has been removed from the market in some countries.

*Doctor Says: Effective, but Proceed with Caution*

Sources: National Migraine Foundation, American Migraine Foundation, US National Library of Medicine, WebMD