



Dr. Shane Explains...

Migraines

Migraines are headaches that often occur with nausea, vomiting, visual disturbances and sensitivity to light. Different types of migraines exist and not all people have all of the symptoms that were just described. The headache will last anywhere from a few minutes to a few days and may range in severity from a minor discomfort to severe agony. A migraine headache is often felt in the temple, but it may be experienced anywhere in the head, face or neck. About 6% to 8% of the population suffers from migraines. Migraines run in families and affect women more than men.

What causes migraines?

It is not clear exactly why a migraine will happen at a certain time. Many people find that certain things trigger migraines such as:

- Certain foods such as chocolate, aged cheese, nuts, MSG, caffeine, red wine and artificial sweeteners.
- Strong odors such as perfumes, exhaust fumes, paint and smoke.
- Changes in barometric pressure.
- Fatigue, stress and sleep disturbances.
- Hormonal fluctuations (use of oral contraceptives, pregnancy, menstruation and menopause)

What can I do for migraines?

- *Avoid triggering mechanisms.*
If a certain food brings on your migraine, try to avoid this food by carefully monitoring your diet, especially when you eat out.
- *See your chiropractor.*
Many people can feel a migraine attack coming. The medical term for this sensation is "prodrome". If you have a prodrome, then try to see your chiropractor immediately. Oftentimes, if you are adjusted before the headache begins, the intensity and duration of the headache can be reduced.
- *Lie down in a dark room.*
If you can't see your chiropractor, lie down in a dark room and try to sleep. Doing this helps reduce the intensity of the headache. You can also put an ice pack on your neck for 20 minutes to help with the pain.

Recommended Supplements

Studies have shown that certain supplements help sufferers of migraines.

Listed below are the recommendations of these studies.

- *Take 20 gm. of fish oil capsules daily.*
Fish oil capsules have Omega-3 fatty acids which can help reduce inflammation of the blood vessels in the head.
- *Take 50 mg. of a herb called feverfew for 14 days.*
Studies have shown that this herb reduces the frequency and severity of migraine attacks.

20803 Valley Blvd. Suite 103 · Walnut, CA · (909) 598-2111
www.painremover.com