

At Home Help for Migraines

Migraine Prevention

Regular Chiropractic Care
Regular Therapeutic Massage

Regular exercise

Regular Yoga/stretching

Adequate sleep in total darkness

Invest in a decent pair of sunglasses
For those with long hair, keeping hair loosely done

Take a great multivitamin/mineral

Possibly other supplements,
like magnesium

Avoid medication unless absolutely necessary

Check for deficiencies especially vitamin D & Magnesium

Watch your posture; there's more to sitting up straight than looking nice

Sleep on a contour pillow

Sleep on a quality mattress

Drink Your Water!

Have a good support system

Ladies should take extra precautions during certain times of the month

Eat a nutrient-dense diet

Could migraines be a result of something bigger?

Consider other elimination diets like dairy-free

Watch out for other food triggers

Keep a migraine log(<<print a FREE one HERE!) Look for patterns.

Beware of humidity

Migraine Relief

Stretch

Biofreeze

Use pure Peppermint Essential Oil (diffuse or topical)

Use pure Lavender Essential Oil (diffuse or topical)

Cold Compress

Pressure Points

Practice deep breathing

Take a hot shower followed by cold compress

Soak in a hot bath

Moderate caffeine intake

Figure out where the migraine is stemming from

Lay in a still in a dark room

Regular prayer and meditation

Listen to quiet, relaxing music

Take a brisk walk if the air is cool