

LIFESTYLE
MODIFICATIONS
FOR CHRONIC
MIGRAINE
SUFFERERS

ABOUT US

TRUDENTA® IS A COMPREHENSIVE SYSTEM OF DIAGNOSTIC & TREATMENT METHODOLOGY FOR CHRONIC MIGRAINE OR HEADACHE SUFFERERS.

The TruDenta® system enables a trained doctor experienced in working with the nerves and muscles of the neck, jaw, and head to:



Accurately scan for the subtle signs of imbalances that can result in chronic head pain



Create a personalized drug-free treatment plan to relieve pain and rehabilitate damaged areas

While lifestyle modifications may not eliminate migraines completely, they often reduce their frequency and severity. Engaging in healthful practices and avoiding agents that trigger the headaches can also cause medical treatment to be more effective. Here are some measures doctors recommend for migraine sufferers.



KEEP a REGULAR SCHEDULE



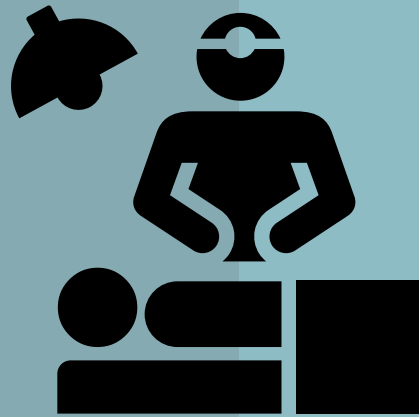
Excitement and unpredictability aren't conducive to migraine management. It's best to go to bed at the same time every night and arise at the same time every morning. Eating meals on a regular schedule is also advised.

GET MODERATE EXERCISE

Regular exercise, particularly yoga, is beneficial. However, high-intensity workouts and the dehydration that comes from working up a sweat can trigger an episode. Experts advocate keeping the intensity moderate, as well as hydrating before and after an exercise session.



MANAGE STRESS



As stress is a big trigger, the use of stress-management techniques can be helpful. Meditation, biofeedback and behavioral therapy all serve to enable patients to cope better with anxiety-producing events. Relaxing with a massage or aromatherapy session can also keep stress levels down.

AVOID FOOD TRIGGERS

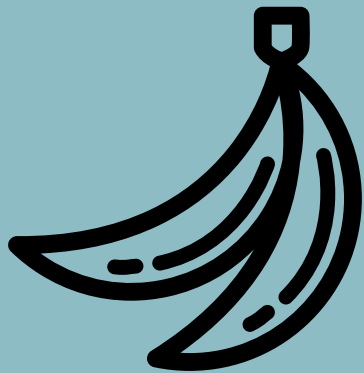
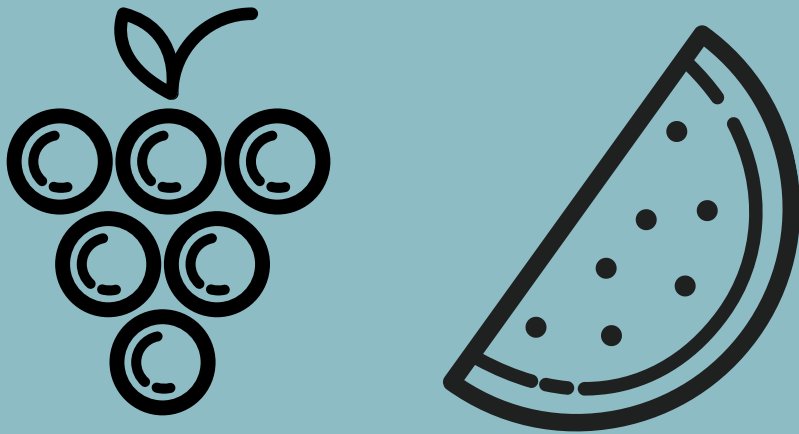
Keeping a food diary can help migraine patients know what dietary elements to avoid.

Common triggers include chocolate, alcohol, lunch meats, dried fruits and aged cheeses.



Other culprits are caffeine and food chemicals such as monosodium glutamate, artificial sweeteners and artificial colors.

EAT a NUTRITIOUS DIET



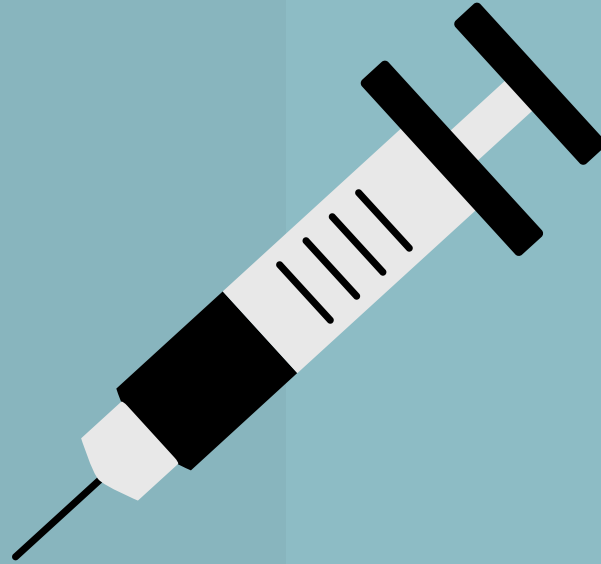
Since processed foods are rife with chemicals, a diet of natural ingredients is preferable. Fresh fruits and vegetables should be chosen over those that are canned. Experts recommend eating small, healthful meals throughout the day.

KEEP A HEADACHE JOURNAL

Just as certain foods trigger migraines, so also do agents like bright lights or odors. Keeping a journal is useful for developing awareness of environmental factors that can play a role.



LIMIT MEDICATIONS CONTAINING ESTROGEN



Hormone replacement therapy drugs and contraceptives can trigger or worsen migraines. Patients should ask their doctor about reducing the dosage or discontinuing the medications.

TAKE GINGER

Many herbs and nutritional supplements can have side effects, but ginger is well tolerated unless the dose is excessive.

It can be taken in either fresh or powdered form.



Some patients report the spice reduces their pain and frequency of episodes.

TAKE RIBOFLAVIN (VITAMIN B2)



Studies show riboflavin can decrease the frequency but not the severity or duration of migraine attacks. The supplement is considered safe, but high doses may cause diarrhea.

A healthy lifestyle is beneficial for everyone, but it's even more important for migraine sufferers. The effort spent incorporating these practices into a daily routine will be worthwhile.



Migraine resources

Want more free headache tips and tricks?

VISIT THE SITE



Any questions for our doctors, or interested in scheduling an appointment?

FIND A DOCTOR

