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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Best Ten Ways To Avoid Migraines**

**By James Mahony**

The problem with migraine prevention is that there isn't just one cause for the headaches. There

are very many triggers for migraines, in fact, and trying to avoid them all would be an exercise in hermitry. Who wants to spend the rest of their life living in a cave just to avoid headaches? That being said, there are a few things you can do to avoid migraines and here are the top ten.

1) Cut the caffeine. Among the multitude of products linked to migraines is caffeine. Taking in too much can lead to a headache of monstrous proportions. Unfortunately, it's not only too much caffeine that lead to a headache, it's caffeine withdrawal if you're used to taking in a lot. Best to cut back slowly.

2) While we're talking about caffeine, let's also talk about NutraSweet. Aspartame has been the culprit for many people who have complained of migraines. Go in search of why aspartame causes migraines and you will run into what seems like the biggest cover-up since Roswell. Most of what you'll read hasn't been proven, but then again neither have the makers of NutraSweet proven that their product doesn't contribute to migraines. Avoid it and you may well avoid a horrendous headache.

3) There are more reasons to give up smoking than you can count, but avoiding migraines is another reason to put on the list. Of course, that's easier than said than done if you are the smoker, but remember, secondhand smoke is just as likely to cause a migraine headache as actual smoking. So if you can, remove yourself from the environment in which people are smoking. Better yet: Get them to remove themselves. You do have the right to not have to be around their smoke, especially if their smoke is causing your headaches.

4) Establish a regular pattern of sleeping and waking. In fact, get as anal-retentive as you can about this. A regular pattern of going to bed at the same time and getting up at the same time, on weekends as well as weekdays, can do wonders. Many people who have instituted a rigid routine of sleeping and waking have discovered that their migraines disappear completely and forever. Or at least as long as they continue the pattern.

5) Give up the pill and try another form of contraception. Birth control pills and their effects on hormones can be a major hazard when it comes to migraine pain. You don't necessarily have to go off

## Best Ten Ways To Avoid Migraines

the pill entirely. Some people have found that merely changing brands puts an end to their migraine misery. If that doesn't help, however, you may look into other forms of female contraception or, if you and your partner don't mind, switching over to condoms.

As you've seen from the article you're reading, we have tried to compile the very best resources from across the Internet on this topic – build the ultimate destination that'll attract you and others interested in the subject.

6) Change your lighting. Very bright lights can often trigger very severe migraines. You might consider using the softer, filmy kind of light bulbs. Or use lamps instead of overhead lights. Or stop using fluorescent lighting, if that's possible. If you spend a lot of time at the computer monitor, take frequent breaks and get as far away from the pulsating waves of the monitor as possible.

7) Cheese, chocolate and wine may sound like the ideal ingredients for a romantic picnic, but if you are

prone to migraines the last thing you may be feeling is romantic following that afternoon getaway. Aged cheeses especially are dangerous because they contain the amino acid tyramine. Chocolate contains phenylethamine. Both chemicals contribute to migraines and alcohol is a trigger as well. Stay away from all three and find other ways to get in a romantic mood.

8) Use body wash to smell good instead of perfume or cologne. Odors and aromas are major causes of migraines and those that make you smell good are among the worst. Keep yourself clean instead of daubing with the smelly-goods.

9) Being an aerobic exercise program. Exercising regularly helps to increase your cardiovascular capacity and improper blood flow is linked to recurrent migraines.

10) Drive or take a train when you can instead of flying. The lowering of cabin pressure on airplanes is a sure-fire migraine trigger and one easily avoided when the trip can be made by alternative means of transportation.

So, what did you think about this article? Please drop me a quick note to share your thoughts and comments on it.

There's also more to come – and I keep updating this article regularly. So please keep visiting often to get the latest information!

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<http://www.migraineheadacheprevention.com>

– A site dedicated to

preventing and treating migraine headaches

<http://www.migraineheadacheprevention.com>

<http://www.articlesforwebsitecontent.com>

### **The Migraine Headache: Definition, Causes And Cures.**

**By Barney Garcia**

More than 30 million Americans suffer from migraine headaches which can be classified as severe and often disabling headaches. A typical migraine headache will give a warning sign before its onset, such as tingling in your limbs, seeing blind spots or flashing lights. You will know when you are experiencing a migraine headache because they are accompanied by most, if not all of the following symptoms. Severe pain either on one side or both sides of the head, pulsing head pain, worsening head pain with any activity, nausea or vomiting, sensitivity to light and sound, and not being able to function regularly. While seeing flashing lights or blind spots are a common warning sign of a migraine, some sufferers experience these symptoms throughout the entire duration of their headache. This is classified as a classic migraine and, along with the above conditions, the person will also experience weakness and speech problems along with zigzagging lines in their eyes. If a migraine is left untreated, the pain can last from four to 72 hours, which can cause huge disturbances in a persons normal life.

Although doctors are not 100 percent sure what causes migraines to occur, there are something's that are known to trigger these headaches. These include, fluctuations in hormones; many women claim that their migraines worsen just before a period or during menopause and pregnancy. Certain foods can also trigger migraines, such as alcohol, cheese, chocolate, aspartame and caffeine which is found in coffee, tea, chocolate and most soft drinks. To avoid migraines as best you can, try keeping a diary of the foods you eat and record how they made you feel afterwards. After a couple of weeks doing this you should be able to see what foods that are triggers for you, therefore telling you which foods to avoid. Other triggers can include stress, changes in the environment and certain medications.

To prevent migraines try avoiding trigger foods, as well as exercise regularly, cutting down on estrogen producing drugs if you are a woman, and quitting smoking and drinking alcohol. All of these things can help you avoid migraines, but if you do happen to get one, try over the counter pain medications or talk to you doctor about prescription drugs that are right for you. Good over the counter medications include Advil, Tylenol, Aspirin and similar drugs. If you have been drinking alcohol in the past 48 hours, you should not take Tylenol as it can cause serious liver damage. Also remember that you should never give Aspirin to a child because it can cause Reyes Syndrome (a potentially fatal illness in children).

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.migraine-headaches-suck.info>

and

<http://www.migraine-headaches-suck.info/sitemap.php>



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