

Possible non-pharmacological treatment for migraines

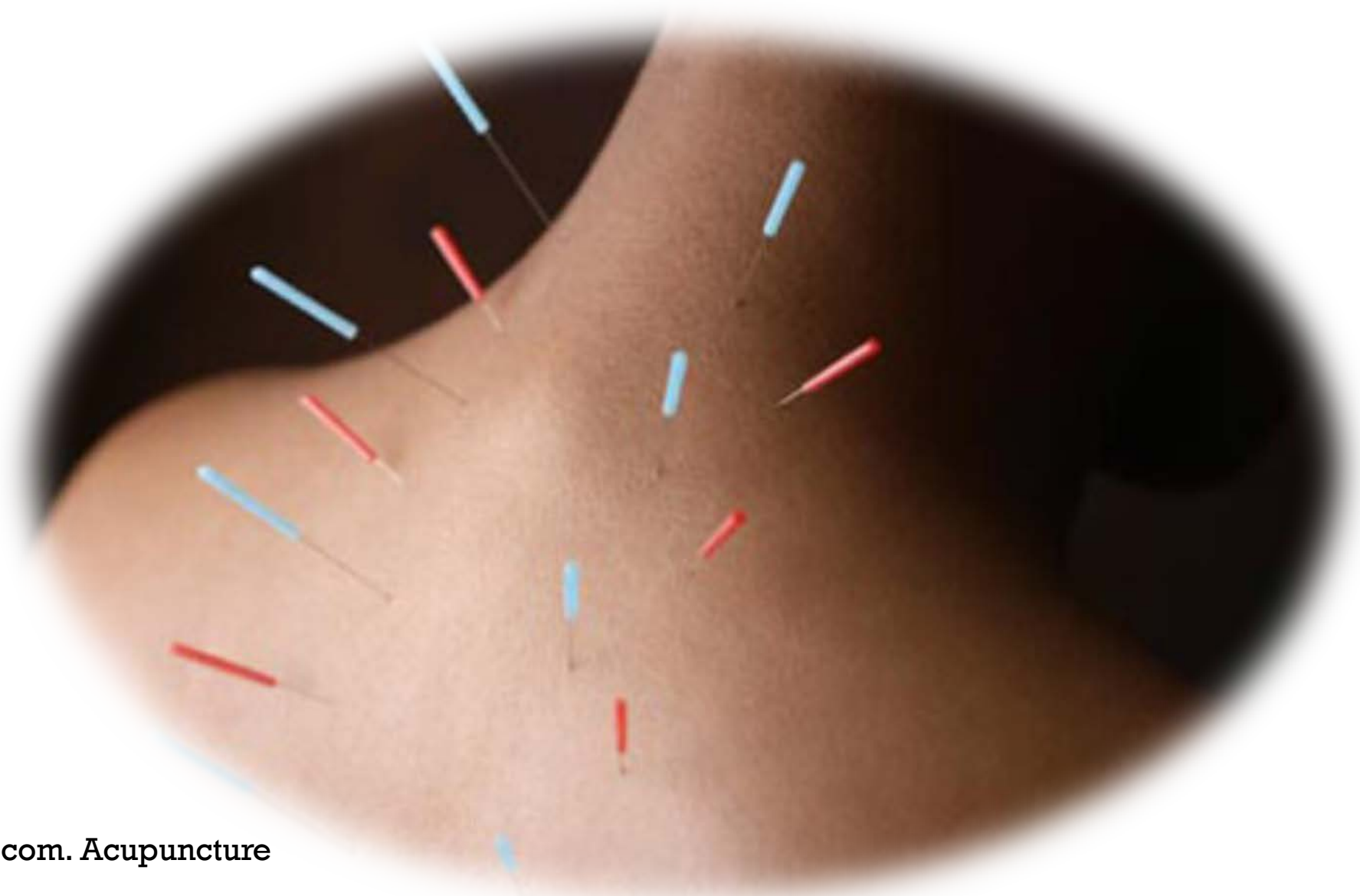
It is important to consult your doctor before using any of the mentioned methods!



prevention.com. Spring Allergy Relief

Acupuncture

- ❖ Needles inserted into the body at specific locations
- ❖ Corrects internal flow of energy
- ❖ Has pain relieving qualities by releasing hormones/endorphins
- ❖ Reduces inflammation
- ❖ Has better outcome with less side effects than the pharmacological treatment



Medicinenet.com. Acupuncture

Massage

- ❖ Involves a therapist pressing, stroking, rubbing and kneading on the body's tissues and muscles
- ❖ Reduces muscle tension, stress and pain.
- ❖ Alleviates sleep disorders
- ❖ Increases mental alertness
- ❖ Improves mood and depression
- ❖ Releases chemical serotonin (neurotransmitter that is a causing factor of migraine headache)

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Vitamines/Supplements

- ❖ Healthy diet full of vitamin E, B2, B6, B9, B12 and folic acid
- ❖ Vitamins act as an antioxidant and reduce stress
- ❖ Help maintain or reduce the pain level of migraine

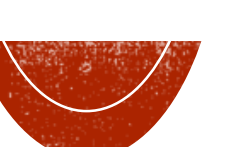
Herbal remedies

- ❖ Butterbur- extract from the roots of this plant have anti-migraine properties (recommended dose 75mg/daily)
- ❖ Feverfew- supplement of this plant helps migraine prevention.
- ❖ Ginkgo biloba- extract from these tree leaves affect central nervous system and help patients suffering from migraine with aura



Ota yhteyttä!

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References

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