

Migraine Relief: 3 Ways to Ditch the Medicine Cabinet

When a migraine strikes, many reach for relief from the medicine cabinet. Throbbing, pounding and pulsating head pains can last four to seventy-two hours. Additional symptoms may vary, yet generally include: nausea, vomiting, distorted vision, sensitivity to lights or sounds, and increased irritability. It is no surprise that immediate relief is crucial.

Scrambling to find the Aspirin bottle is a common reaction to such agonizing pain. However, two-thirds of users claim to be unsatisfied with the results of over-the-counter migraine medications. Common routes to pain relief in chronic situations include the use of prescription drugs. The often-harmful side effects may outweigh the benefits of such prescriptions. This trend has left many in search of safe and effective alternative treatments.

While there is said to be no cure for migraines, proactive measures can be taken to reduce the frequency and intensity of these mind-shattering attacks.

Magnesium: To combat migraines, add a magnesium supplement of 200 - 600 mg per day. According to the University of Maryland Medical Center, “people with migraines often have lower levels of magnesium than people who do not have migraines, and several studies suggest that magnesium may reduce the frequency of migraine attacks in people with low levels of magnesium”. Magnesium may interact with certain medications including muscle relaxers, those for heart conditions and some antibiotics.

Vitamin B2 (Riboflavin): It is rare to consume enough of this migraine-preventing vitamin in the average diet. Medline Plus states, “Taking a high-dose of riboflavin (400

mg/day) seems to significantly reduce the number of migraine headache attacks". Vitamin B2 is also said to significantly combat the fatigue and brain fog that often accompanies migraines.

Food Allergies: You've probably seen the hype surrounding the allergen-free food aisles. Millions are discovering delayed food allergies to be the hidden culprit to chronic migraines. Charmaine D. Mercado of NaturalNews.com shares, "IGg (immunoglobulin G) or type 3 allergy, is an auto-immune disease that causes your immune system to overreact when you ingest certain foods".

Common symptoms of delayed food allergies include migraines, asthma, chronic fatigue, depression, insomnia, bloating, eczema, and irritable bowel syndrome. Start by following a Food Elimination diet ([link](#)) or consulting a physician to conduct a iGg Delayed Food Allergy test.

Migraine prevention is the key. In the meantime, natural methods will bring immediate relief. Try this simple and relaxing, medicine-cabinet-free method featured below.

Ginger Foot Bath:

1. Crush/shred one cup of fresh ginger.
2. Wrap crushed/shredded ginger in a tea bag or cloth drawstring bag.
3. Prepare a large tub of water at 104F/40C (or a bit cooler for your comfort level).
4. Place the bag of ginger in the tub of hot water.
5. Allow the ginger to steep for ten minutes; keep the water hot.
6. Rest comfortably in a chair.
7. Drape/cover yourself with a large blanket to keep warm.

8. Place feet in the hot ginger water.
9. Make sure the water temperature is not too hot, but hot enough to draw the blood to the feet rapidly.
10. Apply cold face stones (link) or ice packs to the areas of the head and face that are holding the tension of the migraine.
11. Keep exchanging the cold stones or ice packs for fresh ones until relief is reached.
12. Remove your feet from the hot water and dry off; put socks on right away.

Consult your massage therapist about combining this method with lymphatic drainage strokes on your face and neck. Pushing the congestion towards the lymph nodes in the lower neck region will further reduce pain and prevent future onsets of migraines.

Taking the steps to prevent and treat migraines in with natural, at-home remedies can spare sufferers from the harmful side effects of common medications. The typical diet is deficient in migraine-preventing minerals and vitamins such as Magnesium and Vitamin B2. Simply adding these supplements into a daily regimen may lead to the relief that millions of suffers are seeking. Identifying and eliminating food allergies is also a vital step in migraine prevention. For many, the cessation of migraines is a dusty medicine cabinet away.

Sources

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