

Headache prevention

1. Stay hydrated, drink 6 glasses of water per day.
2. Half an hour before going to bed avoid visual electronic stimulants (TV, phone, tablet, etc.).
3. Start the day gradually: • Wake up Your brain slowly- from awakening up till leaving the house have some 40 minutes or more. • Spend this time without use of TV, radio or telephone
4. Have regular meals. Breakfast as a full meal can be omitted if you do not want to eat, but you must have at least milk, kefir, yogurt or cocoa + sugar.
5. Avoid foods that could provoke migraine attacks: • sodium glutamate, nitrates (in meat), • dried fruits (containing sulphites), • cheese • alcohol (especially red wine) • chocolate • caffeine, etc.
6. Keep a regular schedule, keep a consistent bedtime and day time.
7. Regular physical activity (aerobic exercise) at least 2-3 times a week for 20-30 minutes. Important gradual warm-up.
8. Restrict the use of estrogen-containing medicines (birth control pills for women, etc.).
9. Try dietary supplements: Mg (300-600 mg / dn), Q10 (100 mgx3), B2 vit., Omega 3 fatty acids.
10. Progressive relaxation therapy (Jacobson progressive relaxation therapy). • Biofeedback therapy (learn and do breathing exercises at home). • Try Acupuncture. • Try Psychotherapy.
11. Keep Headache Diary – make notes where notes: The time, duration, and strength of the headaches • headache type (pressing / lingering / pulsating, all over the head / in a particular place, etc.), • Possible provocative factors (food or drink, lack of sleep, insomnia, prolonged work at the computer, stress, etc.), • relaxing factors (tranquility, sleep, walking in the fresh air, breathing exercises, medication, etc.). • used drugs, their effectiveness.