

How To Manage

Migraine & Headache

Without...

**Taking Excessive Medications,
Missing Out On Your Active
Lifestyle, or Sacrificing Your
Quality of Life**

Amy McMillin

7 Simple Ways to... Manage Migraine & Headache

Without Medication

In this Special Report on Migraine and Headache I share with you **7 simple strategies** you can use to ease your head pain – some over time and some almost instantly. They're in no particular order, and they all have only one thing in common: They all work. Unfortunately, without knowing the exact ins and outs of **YOUR migraine and headache** I can't tell you which of these strategies will work best for you.

Even if I did know the exact cause of your migraine or headache pain, there is no guarantee that any one single strategy will be effective. However, through my experience I've been able to narrow down what is **truly effective and what doesn't work** when it comes to migraine and headache.

The 7 simple techniques you're about to read about are a few of the more helpful strategies we use every day when working with individuals with migraine and headache. I challenge you to **make time every single day** to try just one of these tips over the next few weeks. Within a few weeks, you could have all of these strategies working in your favor, giving you control over your migraine and headache and giving you back your active and healthy lifestyle. The key is consistency.

If you're able to practice **just one** of these techniques **every day** consistently over the next few weeks, I'm positive you'll be pleasantly surprised at how much better you'll feel.

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1. ROUTINE

In my experience, the vast majority of people who suffer from migraine and headache have not been educated on the importance of prevention by using routine to avoid triggering an attack.

Migraine and headache brains love **consistency and routine**. The quickest, easiest way to get you back feeling better is to give your brain a schedule. Try to keep to an exercise schedule, go to sleep around the same time nightly, eat around the same time daily, and do not skip meals.

To help you plan and **keep a schedule**, consider getting a fillable weekly dry erase board, print off a daily schedule from Pinterest, or order a weekly schedule from Etsy. Knowing what you need to accomplish and when you can complete a task will decrease the stress of the day.



2. DIET

A large part of migraine and headache prevention is to manage food triggers. There are many triggers that can elicit symptoms and the best way to identify those foods are to research common food triggers.

You should start with **reviewing a food trigger list** like this one from the American Migraine Association. After identifying foods that you may enjoy that could be on that list, try a headache **elimination diet** to see if your migraine attacks reduce.

An elimination diet is a method that can reduce, eliminate, or simply manage the severity of your symptoms. **Common food triggers** include: any MSG, cured or processed meats, alcohol, yeast, aged cheeses, and citrus foods just to name a few!



3. MANAGING STRESS

Stress can cause migraine, and migraine and headaches can cause stress. **What a vicious cycle!** So how you respond to situations dictates your stress level. Stress can increase blood pressure, cause neck tension, and cause sleeplessness.

Reduce stress by slowing down. I am a huge proponent of **guided meditation**. Use an App like HeadSpace, Calm, or Youtube to take 10 minutes daily to meditate your anxiety away.

You can mitigate this stress by taking walks throughout your workday, but it's also a good idea to try and set aside **20-30 minutes, once or twice a day** to take a leisurely stroll.

While you're walking, practice *breathing* **ONLY THROUGH YOUR NOSE**. This will help keep your neck muscles as relaxed as possible and your diaphragm doing it's job.



4. GET MORE SLEEP

Migraines and headache respond well to **regularity and rest**. Sleep serves as a way to "recharge the batteries" so the brain can function normally throughout the day.

Sleep hygiene is the term to describe **good sleep habits**, and help you fall asleep quicker. Here are a few of my tips:

1. Aim for **7-9 hours of sleep each night**. Place a star on your calendar for every night you have achieved this goal.
2. Get regular. One of the best ways to train your body to sleep well is to **go to bed and get up at more or less the same time every day**; including weekends and days off.
3. **Don't stay in bed longer than 15-20 minutes**. If you cannot fall asleep by then get up and do something calming or boring until you feel sleepy.

Find my full [List of Tips HERE](#)



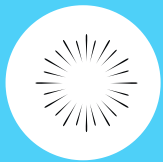
5. PROPER HYDRATION

About 1/3 of people with migraine say dehydration is a trigger, and for some, even the slightest hint of dehydration can be the fast track to debilitating head pain.

How to cope: Always carry a water bottle and keep track of your fluid intake (daily recommendation is two liters), and limit your consumption of caffeine and alcohol. If you feel a headache or migraine coming on, stop it in its tracks by simply trying to drink a glass of water.

The recommendation is for **4-7, 8 ounce cups per day for women and 6-11, 8 ounce cups for men.**

Use a water tracker to keep you accountable, [Find Here](#)



6. REDUCE TRIGGERS

Light sensitivity is a known migraine and headache trigger. Consider a pair of rose or amber tinted glasses to help reduce light sensitivity. Sit as close to natural light as possible and avoid fluorescent lighting.

Vestibular migraines are a variant of migraines and are normally triggered by excessive visual motion or patterns. Keep decorations on the plain side, carpets without busy patterns, and limit exposure to **big box stores** like Target or Costco.

Smells are another common trigger. Try not to use perfumes, use unscented laundry detergents, avoid strong candles or potpourri.

All of these **together can reduce your triggers to migraine and headaches** and keep your brain from being over sensitive.



7. GET PROFESSIONAL HELP

The **fastest way** to take care of your migraine and headache is by going to see a therapist. A therapist can listen to your story, assess your symptoms and find out **EXACTLY** why you are having problems. They can then come up with a plan to fix it so you can get back to working out and tackling your passions!

When looking for a therapist, you owe it to yourself to find one who is willing to spend quality, **one-on-one time with you for a FULL HOUR.**

Do not settle for someone who just stretches you, gives you a massage then hands you a cookie cutter sheet of exercises. Find someone who will give you a full hour of their **undivided attention** to ensure you are getting the most out of every single minute, so you can get back to the workouts, sports and activities you love as quickly as possible.

Combine all these tips from this special guide with a visit to a hands-on therapist, and you **WILL see a dramatic drop** in the migraine and headache pain you are currently suffering from.

CONCLUSION

So there you have it! 7 simple tips you can use **TODAY** to end your migraine and headache pain and improve your health and fitness.

There's obviously much more that you could do too, and I could go much more in-depth with these techniques and others that we use at **Custom Care Rehab** to end migraine and headache, but these fundamentals, if applied consistently, **WILL** have a positive impact on reducing your migraine and headache; improving your quality of life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues become the source of leading edge health advice for you and **make a real difference to your life.**

PS - If you are currently struggling with migraine or headache pain, we'd be happy to offer you a Free "Discovery" Call. This is a 15-minute call to cover your pain/injury, screening of your triggers, posture, and movements, and discussion of your symptoms and treatment options.

We would love you get started on your journey back to health. At Custom Care Rehab , we have helped hundreds of clients get stronger, reduce pain and move better!

For a **FREE** discovery visit with our excellent therapist drop us an email or give us a call, and we'll help you get started on the right path!

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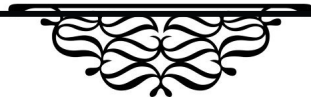
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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic.

The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow therapist's advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the therapists at Custom Care Rehab.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

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