

Ultimate MIGRAINE GUIDE



AVOID

Fasting
Skipping Breakfast
physical and emotional stress
Too much exercise
Walking under Hot SUN and Drenching in Rain
Directly sleeping under AC and FAN



MIGRAINE DIET TO AVOID

Excessive Coffee and Tea
Chinese food with MSG
Lemony and Citrus food
Cheese Chocolate and ICE cream
colas
Fast food



LIFE STYLE

Sleep 8 hours
Avoid Travel at night
Avoid Bright Light
Avoid Flash light
Avoid Loud music
Avoid Red Wine Red grapes and Alcohol



MIGRAINE DIARY

Schedule your Day
Good night sleep is important
Keep a diary of headaches and pattern
Any relation to food and lifestyle
eat balanced diet



MEDICINES

Avoid Analgesic ABUSE and OVER USE..!
Preventive therapy takes some time to work(weeks)
take MEDICINES as Prescribed
some Medicines may induce some sleep
dont discontinue medication suddenly
dont take over the counter medicines and herbal medicines without doctors advise



DIARY

How many times

Triggers

Duration