

## Choosing A Migraine Home Remedy

Migraine sufferers will surely tell you that there is no pain like the pain of a particularly bad migraine. Such an experience can condemn its victims to days spent in bed behind drawn curtains. So unbearable are the consequences for frequent migraine sufferers that they are drawn to research any and all solutions for this terrible affliction. Luckily, with a migraine home remedy you can work to reduce – if not eliminate – migraine headaches. Migraine headaches can strike anywhere and at any time. They are more common in women and can render its sufferers incapable of doing anything other than lying in bed. Often the effects of a migraine are exacerbated by light, noise, and sometimes even smell. So migraine sufferers are known to spend time in a dark, quiet room in order to lessen their symptoms. For sufferers of chronic migraines, prescription medication is often recommended by doctors. This kind of medication is taken on a daily basis in order to prevent migraines before they start. But for others, who suffer from migraines less frequently or are averse to taking daily prescription medication, a migraine home remedy is the best possible solution. Of course one migraine home remedy is the taking of over-the-counter pain relief or migraine specific medication. But, while this will often help to take the edge off the pain, it can not be taken until the migraine has already begun. For others, the implementation of a migraine prevention program encapsulates their migraine home remedy. This includes proper nutrition including a healthy diet rich in whole foods such as fresh fruits and vegetables, whole grains, and lean proteins and a consistent regime of physical exercise. Many people find that migraine headaches are the body's way of telling us that we are not taking proper care of ourselves. Strive for optimum health through diet and exercise as your first line of defense. Along this vein, proper hydration is crucial as a migraine home remedy. Often a headache stems from our body's dehydration and can escalate from there. It is essential, therefore, that you drink plenty of water throughout the day; experts recommend at least eight glasses a day. Additionally, getting plenty of sleep should be a part of your migraine home remedy, as headaches can often stem from sleep deprivation and stress. Be sure you getting enough rest at night. And take it one step further by practicing stress relieving activities such as meditation, deep breathing, stretching, and yoga. Finally, the most important migraine home remedy is to keep careful track of what specifically triggers migraines for you and avoid those factors at all costs. Because, ultimately, preventing migraines is the best way to treat them.

## About the Author

At Lakeview Pharmacy in Racine, as at all Wisconsin pharmacies now. Stores with pharmacies continue to sell the products from the pharmacy.

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