

# Live Better With Migraine And Headachebook And Vhs Cette

## Migraine's Impact on Quality of Life

Feeling well can seem like an impossible request if you're a frequent migraine sufferer. No matter how bad the pain is, though, developing healthy habits and a nourishing routine can help you live better. Start by mapping your triggers so you know the types of activities, environments, or foods you should avoid.

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Diet and Lifestyle Tips Subconscious Meaning of Migraines | Emotional Root  
Cause of Chronic Migraines Leading Neuroscientist Reveals The Truth About  
The Female Brain | Dr Lisa Mosconi Vestibular Migraine Vs Meniere's  
Disease: FAQ and How To Heal Both Migraine 101: A 3-Step Guide to  
Managing Headaches Living with Chronic Migraines // UPDATE + Tips &  
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For example, knowing migraine is linked to depletions in serotonin helps with medical treatment once you have one: the drug sumatriptan acts just like serotonin in the brain.

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7. Explain to your loved ones what triggers your migraines – If you know that something is triggering your migraines at home, everyone will understand and help you create a better living environment for you. Sustaining Your Relationships. Show gratitude – Let your loved ones know you care for them. Show your appreciation by simply sending a text or a greeting card.

Migraine Misunderstandings | How to live better with ...

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Migraine in later life - The Migraine Trust

What is migraine? Migraine is a complex condition with a wide variety of symptoms. For many people the main feature is a painful headache. Other symptoms include disturbed vision, sensitivity to light, sound and smells, feeling sick and vomiting.

## More than "just a headache" - The Migraine Trust

If you suspect a specific trigger is causing your migraines, such as stress or a certain type of food, avoiding this trigger may help reduce your risk of experiencing migraines. It may also help to maintain a generally healthy lifestyle, including regular exercise, sleep and meals, as well as ensuring you stay well hydrated and limiting your intake of caffeine and alcohol.

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Migraine and a lower quality of life Often, people with migraines report a lower quality of life, have trouble sleeping, cancel social engagements and miss days from work and school because of attacks. They have also been found to have less energy between migraine attacks. The stress of an oncoming migraine attack

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## Migraine vs. Headache: Telling the Difference Between Them

You can interpret this list of the best places to live with Migraine any way you like, but we prefer to factor in controllable variables. You can't control the weather, but, in theory, you can control how much pizza you eat. For the highly disciplined Chronic Migraine Warrior, look at the cities lowest in environmental triggers.

## The Best Migraine Cities in the US (and the Worst)

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Employing a healthy diet, regular exercise, good sleep hygiene and other relaxation techniques can make a significant difference in the alleviation of painful and debilitating migraine and headache symptoms.

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