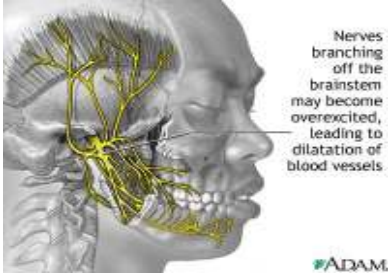


# MIGRAINES

For those of us who suffer from migraines, we can certainly say that they are far from pleasant. With symptoms such as nausea, vomiting and an extreme sensitivity to light and sound, a migraine can keep you incapacitated for hours or even days. The questions are - where do they come from? And why are they so vicious?

Although there are still many unanswered questions surrounding the exact cause of headaches, some researches believe they may be caused by functional changes in the trigeminal nerve system, which is a major pain pathway to your nervous system. Levels of Serotonin (a chemical in the brain that regulates pain messages) are believed to drop during a headache, causing the trigeminal nerve to release neuropeptides (another brain chemical) which cause blood vessels to become dilated and inflamed once they reach your brains outer covering. Low magnesium levels are also believed to cause migraines, as they are believed to drop drastically in the event of a headache.



## SIGNS & SYMPTOMS

People who suffer from migraine headaches usually experience 'intuitive' symptoms, warning them that a migraine is about to come on. A dull ache on the side of the head, above the eyes, or in the temples may be experienced along with a sudden sensitivity to lights or smells, dizziness and or nausea. Once a migraine

has arrived, they can last anywhere from a few hours to several days depending on the individual.

## Symptoms of migraines include:

- Pulsating or throbbing pain in the head
- Pain that increases with movement or physical activity
- Nausea with or without vomiting
- Double vision / blind spots / partial blindness in one eye
- Light, sound and or smell sensitivity



There are several types of migraine headache, but most are characterized by severe pain on one or both sides of the head (which may move to the other side), nausea, dizziness and visual disturbances caused by dilation and constriction of the blood vessels in the head

#ADAM

## CAUSES

There are many different triggers that can cause migraines, but usually sufferers find that the trigger that set them off the first time, will be the repeat offender most times. If you are a frequent sufferer, you should try to record things that you have done or eaten around the time the migraine is experienced, to try and prevent another one. Some triggers for migraines are;

- **Stress**  
Day to day stress (work/family/home) is the most common cause of a headache. Taking a short break or simply walking away from a situation for a few minutes may prevent a migraine from occurring.
- **Hormonal Changes**

Studies have shown that there may be a link between migraines and fluctuations in oestrogen levels in women. Some women also experience migraine headaches when they are going through menstruation.

- **Food**

Here are some food components sufferers should be wary of:

**Tyramine:** amino acid found in chocolate, nuts, aged cheeses such as brie and parmesan.

**Histamine:** immune system stimulant found in beer and wine.

**Nitrates:** which keep processed meats such as hotdogs, sausages and luncheon meats shelf stable.

**Caffeine:** found in coffee, cola and tea  
**Monosodium glutamate (MSG):** commonly found in Chinese restaurant dishes.

**Citrus:** fruits like oranges, grapefruit, lemons and lime.

Lack of food or skipping meals may also result in a migraine headache.

- **Eyes**

Sitting in front of the computer for too long, reading while travelling or reading without glasses when you require them can lead to migraine headaches. If you find yourself getting headaches or eye aches whilst reading, make an appointment to have your eyes checked.

- **Neck/Back/Shoulder pain**

Tension headaches, caused by tight aching muscles in the neck and shoulders can lead to more sinister migraine headaches. This is why it's important to stretch as much as you can during the day to prevent muscles from tightening and causing a tension headache.

**Which ever symptoms you experience or how ever often you are struck with migraines, they are a serious problem that can be helped. Overleaf are some natural therapies options that can be extremely beneficial in the treatment of migraines. If symptoms are persistent, see your local doctor to discuss your options.**



**HAMISH SWAINSON**  
Acupuncturist  
Bachelor of Health Science  
Acupuncture

Specialty: Traditional Japanese Acupuncture, Chinese Medicine techniques

Availability: Mondays, Wednesdays & Fridays

Interests: Mountain Biking & Music



**JENNY LY**  
Osteopath  
BA Applied Science  
(Osteo) M. Osteo

Specialty: Osteopathy

Availability: Wednesdays & Thursdays

Interests: Camping, travel



# Treating Migraines... My options



**Migraines affect your ability to perform everyday activities, and can leave you debilitated for days at a time. There are many different ways that you can treat a migraine headache, and measures you can take to help prevent them in the first place. Through a combination of healthy eating habits, regular exercise and one of the following treatments, you can reduce the amount of migraines you get and their severity.**

- **ACUPUNCTURE**

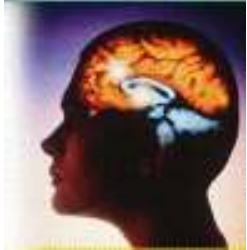
If you describe a headache that occurs at your temple region, your acupuncturist understands that this has a different cause from one which may occur at the back of your head. Correspondingly, each type of headache will be treated according to its individual cause. Acupuncture works in a therapeutic and preventative manner by re-harmonising your body's imbalances. Your treatment can actually begin without you even having a headache.

- **OSTEOPATHY**

A common presentation with headache, is an increase in the muscular tension at the base of the skull with pain locally and possibly referred to the forehead and eye areas. The tightened muscles and joint restrictions (from poor posture, stress, injury etc.) in the upper neck, contribute to reduced mobility and irritation of the local nerves and blood vessels. Osteopaths assess structural changes that may lead to immobility and dysfunction. They work gently with your body to improve joint mobility, reduce muscular tension, reduce nerve irritability, improve blood supply and drainage to and from the head and neck. They will help to prevent future headaches with advice on posture, stretching and exercises.

- **THERAPEUTIC MASSAGE**

Often headaches and migraines are caused by tight neck and shoulder muscles which many people find is effectively dealt with by massage. By manipulating the soft tissue of whole body areas, therapeutic massage brings about generalised improvements in the relief of muscular aches and pains.



**Don't let migraines control your life. Take charge and make an appointment to see one of our qualified therapists today.**



**Friday 29th June**

Each year, Red Nose Days helps to raise funds for vital services and programs for SIDS and kids. Show your support this year, by purchasing a red nose from a Red Nose partner store. For more information on Red Nose Day and the stores that support it, visit [www.rednoseday.com.au](http://www.rednoseday.com.au)



**50% off all products**

Come in and check out our range of massage, skincare and aromatherapy products. All Scentual NRG products are made from natural and as close to certified organic ingredients as possible. Perfect as a gift, or even to spoil yourself.



**5th June - World Environment Day.**  
Use this day to be environmentally wise. Walk to work, ride your bike or car pool. Turn off unnecessary lights, use your clothesline instead of the dryer. Even use recycled toilet paper. And with level 5 water restrictions just being placed in Brisbane, please, be water wise. This is everyone's' world. Let's care for it together.

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