

HEADACHES are part of our daily lives, and everyone gets them! They can range from an annoying twinge to full-on pounders.

The good news is there are simple things you can do to ease the pain without an expensive trip to the doctor or pharmacy.

Try these amazing methods to calm your noggin.

1. Apply a cold pack. If you have a migraine, wrap either a refrigerated or frozen gel pack or ice cubes in a towel. You can even use a bag of frozen peas! Keep the compress on your head for 15 minutes, take it off for 15 and repeat until the pain lessens.

2. Use a heating pad or hot compress. If you have a tension headache, place a heating pad on your neck or the back of your head.

3. Turn down the lights. Bright or flickering light can cause migraines. If you're a constant sufferer, cover your windows with blackout shades or curtains and wear sunglasses indoors to ease the agony.

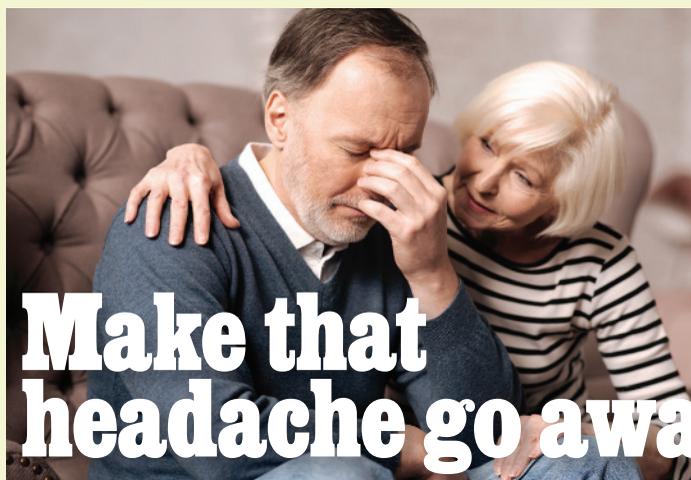
4. Loosen hats, headbands and elastics. If these accessories are too tight, they can cause an "external compression headache."

5. Spit out the gum. Constant chewing can hurt your jaw and your head.

6. Get some joe. Have a cup of coffee, tea or something with a little caffeine in it to restrict blood vessels in the brain.

7. Take magnesium. If you suffer from frequent headaches, you may have a magnesium deficiency. Studies have shown that taking 600 mg of oral magnesium citrate per day helps reduce the frequency and severity of migraines.

8. Avoid foods high in histamine. This is a chemical produced naturally in the body that plays a role in the immune, digestive and nervous systems. It's found in cheese, ferment-



Make that headache go away!

► Try these easy and natural remedies

ed food, beer, wine, smoked fish and cured meats.

9. Use essential oils. These are highly concentrated liquids that contain aromatic compounds from a variety of plants. Research shows peppermint oil is especially helpful in reducing the pain of tension headaches when you rub it on your temples. Lavender oil works to reduce migraine pain when applied to the upper lip and inhaled.

10. Drink water. You may get a headache if you're dehydrated. Drinking water has been shown to relieve pain within 30 minutes to three hours.

11. Try acupuncture. This traditional Chinese medicine involves inserting thin needles into the skin to stimulate specific points on the body. Studies show this treatment can be as effective as — and safer than — common migraine medications.

12. Try a B-complex vitamin. Studies show B vitamins — especially B6 and B12 — have a protective effect against headaches.

13. Try coenzyme Q10. This is a substance produced naturally by the body that helps turn food into energy and functions as a powerful antioxidant. Studies show that three 100 mg doses of CoQ10 throughout the day may reduce migraine frequency, severity and length.

14. Try an elimination diet.

Food intolerance can trigger headaches in some people. To discover if something you are eating is causing your headaches, try eliminating the items one by one. Aged cheese, alcohol, chocolate and citrus fruits are the most commonly reported food triggers in people with migraines.

15. Go herbal. Certain herbs — especially butterbur — may reduce headache symptoms quickly. Take them as a tea.

16. Avoid nitrates and nitrites. These are common preservatives added to foods like hot

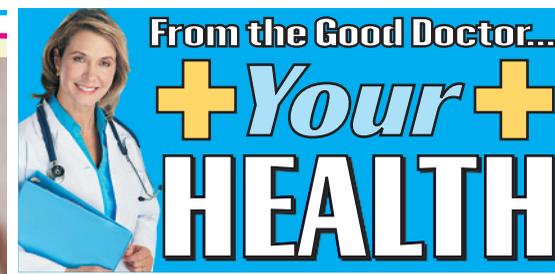
dogs, sausage and bacon to keep them fresh by preventing bacterial growth. They may trigger headaches by causing the expansion of blood vessels.

17. Sip some spicy tea. Ginger root contains many beneficial compounds. What's more, ginger helps reduce nausea and vomiting, common symptoms associated with migraines.

18. Avoid strong smells. Research shows wearing or smelling powerful perfume can set off a pounder.

19. Get some exercise. Engaging in physical activity is one of the simplest ways to reduce headache frequency and pain. Simply taking a walk can do wonders.

20. Snooze. Studies show sleep deprivation can be detrimental to your health in many ways and even cause headaches in some people. Try to get seven to nine hours of slumber every night.



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