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MEDICAL CENTER

Migraine Natural Treatment Glendale Arizona

The Lifestyle which causes Migrane

We all know the popular saying “Health is Wealth”. It is a great treasure and is a source of happiness and highest blessing. Due to the extremely stressful and busy schedule which today’s modern lifestyle demands, health is often neglected leaving man prone to various health issues.

One of the most common health problems are headaches. When a headache becomes recurring, it is termed as a migraine .The main cause of migraine headaches can be attributed to the swelling of blood vessels in the head and therefore they are also called as vascular headaches. However there is no single cause to migraines. There are many external forces which trigger migraines however they differ from person to person. These forces range from stress, smell, food allergies to anxiety which lead to excitation of the nervous system and hence an increased neuron activity. Stress is strongly correlated with migraines as it determines the severity of the disease. A migraine is not only confined to just a bad headache. It is characterized by a throbbing pain along with vomiting, nausea and sensitivity to sound and light. Migraines may also have a disabling as well as life-threatening outcomes.

Medical Solution for Migraines

With the advancement in medicinal science and technology, many treatments and drugs have been introduced to mankind to combat this disease. New migraine headache treatments can be both safe and effective. However natural treatments are better and lucrative as they are safer and cheaper. There is also a very less possibility of a negative reaction during natural treatment. One simple natural treatment involves eliminating or avoiding migraine headache causing foods, more commonly known as ‘migraine triggers’. These include foods such as pork, onions, vinegar, cheese and some citrus fruits. Another safe and potentially safe technique is biofeedback. It is a training programme which equips an individual with the ability to control his

involuntary nervous actions. It makes it possible for an individual to control his blood pressure and relaxation of muscles. It is a well-known fact that stress causes muscle tension which in turn leads to neck pains and migraine headaches. Although it is not always possible to manage work related stress or family related stress, it is often possible to relieve muscle tensions and the accompanying pains. Therefore once a person is trained with biofeedback he can control his muscle relaxations and hence can relieve himself from recurring headache pains. Taking warm baths or showers or relaxing in a quiet room too can prove to be helpful. Alternate natural headache treatments also include the use of herbal supplements, massage, yoga and the famous Chinese technique of acupuncture. Acupuncture helps in improving the blood flow to the brain and improving the body's resistance to illness by correcting any energy imbalances. Staying hydrated also helps when suffering from cluster headaches.

In Conclusion

In a nutshell, there are many ways to fight this disease and many more methods are being developed. However the safest of them is and will be natural treatment. Paradoxically the very drugs that bring relief during chronic headaches can sometimes worsen the situation by sensitizing central pain pathways with continued overuse of analgesics. Before following any method it is always advised to consult a doctor.

Protea Medical Center

Protea Medical Center of Chandler & Glendale, AZ proudly offers individualized health services for women including hormonal & nutritional therapy and [Migraine Natural Treatment Glendale Arizona](#). Our physicians are nationally known educators on advanced regenerative therapeutics.

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