

Treating Headaches Without Medication

Supplements

- Magnesium oxide (or glycinate), 400mg per day
- Vitamin B2 (Riboflavin), 400mg per day
- Coenzyme Q10, 300mg per day
- Butterbur, PA-free only (Petadolex)
- Melatonin, 3-5 mg at night
- Combination supplements like MigreLief

Devices

- CEFALY (cefaly.us)
- GammaCore™ (gammacore.com)
- sTMS (eneura.com)
- Nerivio™ Migra (theranica.com)

Lifestyle

- Sleep 7-8 hours same time every night
- Consistent meals, good hydration and reduction of caffeine
- Exercise!
- Try our online yoga videos:



Stress

- Manage stress and pain with mindfulness, meditation, yoga, exercise, biofeedback and/or cognitive behavioral therapy
- Apps (Juva, Insight timer, Calm, Headspace, Curable)



Piercing?

Daith piercing has not been well studied, but some find it beneficial.

Topical

- Try topical peppermint and/or lavender oil
- Lidocaine patches
- Biofreeze®
- Tiger Balm®
- BADGER® Balm (Sleep, Muscle, Joint)
- Muscle Ease™ (essential oil spray)
- Migrastil (essential oil roll-on stick)

Heat/Cold

- Ice packs and heating pads can help

Neck Pain

- At home exercises (ask provider for recommendations)
- Pillow for side sleepers – IKEA® Jordrok (firmer)
- Pillow for back sleepers – any flat pillow
- We do not recommend a neck brace; it can worsen symptoms and weaken muscles

Therapies

- Acupuncture, massage, and physical therapy can help
- We do not recommend neck manipulation (chiropractor) due to risk of artery tear and muscle strain
- Barrow Headache Physical Therapy (talk to your provider about a referral)

Marijuana/CBD

There is currently no strong evidence for headache treatment.

Light

- The Allay Lamp:

