

# Woman's World

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## End migraines!



Eating lots of produce reduces levels of pain-triggering inflammation!

A staggering one in four women get migraines! While the exact cause is still a mystery, doctors have now discovered four key pain triggers. Tackle these culprits, and you can stop the pain *before* it starts!

### ● Skyrocketing stress

When migraine-prone women are super-stressed, they're hit with up to seven migraines monthly. But simply having a relaxing massage every week can reduce

those attacks by 71%, plus cut the need for powerful migraine meds in half! Massage relaxes the entire body, cutting production of pain-triggering stress hormones like cortisol, explains Jacob Teitelbaum, M.D., author of *Pain Free 1-2-3*.

### ● Dips in estrogen

Almost 60% of women struggle with "menstrual migraines," headaches triggered by monthly drops in estrogen production. A quick fix: "Ask your doctor about taking birth control pills continuously—skipping the placebo pills—to keep your estrogen levels super-steady," suggests Mary Jane Minkin, M.D., author of *The Yale Guide to Women's Reproductive Health*.

**TIP** Prefer not to take a pill? Ask your doctor about an estrogen patch or gel to use during your PMS week.

### ● Weather changes

Half of all migraine sufferers are sensitive to changes in temperature, humidity or air pressure. According to research at the Cleveland Clinic, their brains don't produce enough coenzyme Q10 (CoQ10), a compound that helps the nervous system handle environmental changes. The good news: Taking

### Is it a migraine?

Experts say more than half of all migraine sufferers aren't properly diagnosed. If even one of these statements is true for you, tell your doctor:

- Your headaches last four to 72 hours
- You'd describe the pain as throbbing
- Your headaches worsen if you make abrupt movements (like bending to pick up something)
- You're sensitive to light or sound or feel nauseated during headache attacks

Our expert: Cleveland Clinic Foundation.

150 mg. to 300 mg. of CoQ10 daily cuts weather-triggered headache flare-ups in half for 67% of women.

**IMPORTANT** As always, check with your doctor before trying a new supplement.

### ● Diet shortfalls

Women who eat lots of fruit, vegetables and whole grains have 71% fewer migraines than women who don't, research shows.

"Eating more complex carbs effortlessly lowers the amount of inflammation-triggering fat in your diet," explains Neal Barnard, M.D., author of *Foods That Fight Pain*.  
—Brenda Kearns

### Health News!

**To clear your head ...**  
Dash up a flight of stairs—or run for the bus! A mere 30 seconds of intense exercise can quickly relieve a bout of brain fog, tension or even anger, British researchers report.