


Migraine & Headache Awareness Month


**Migraine & Headache
Education and Resource
Virtual Expo**

**Review many resources for
managing and reducing
recurring headaches**

June 29, 2021
11:00 AM - 1:00 PM EST



Use QR Code to Visit



AVOID THESE TRIGGERS

<p>STRESS</p> <p>Eliminate stress in your life. Stress is the #1 trigger of headaches.</p>	<p>POSTURE</p> <p>Focus on your posture by setting an hourly reminder to sit up straight!</p>	<p>NOISE</p> <p>Minimize exposure to loud talking, music or machinery. Wear ear-plugs if needed.</p>	<p>ODORS</p> <p>Avoid colognes and perfumes. Place a fan on your desk to ensure there is proper airflow.</p>
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Remedies

- Drink Water** Inadequate hydration may lead you to develop a headache.
- Take Some Magnesium** Magnesium is an important mineral necessary for countless functions in the body, including blood sugar control and nerve transmission.
- Get Adequate Sleep** Sleep deprivation can be detrimental to your health in many ways and may even cause headaches in some people.
- Avoid Foods High in Histamine** Histamine is a chemical found naturally in the body that plays a role in the immune, digestive and nervous systems.
- Use Essential Oils** Essential oils are highly concentrated liquids that contain aromatic compounds from a variety of plants.
- Try a B-Complex Vitamin** B vitamins are a group of water-soluble micronutrients that play many important roles in the body. For example, they contribute to neurotransmitter synthesis and help turn food into energy

Click on the above QR code during event hours to learn more about dealing with recurring headaches.