



# **Nutrition & Natural Approaches to Headaches & Migraines**

**Main Focus on Women,  
Hormones & Lifestyle Factors**



# Introduction: Headaches & Migraines



**More Common In Women: Often under diagnosed and under treated**



**Less common in men and children.**


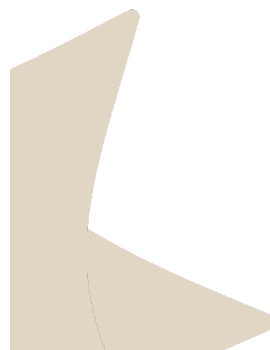

**Impact: quality of life, productivity, mood and sleep affected.**

**Goal: Explore nutritional, hormonal, and lifestyle approaches to reduce frequency and severity .**






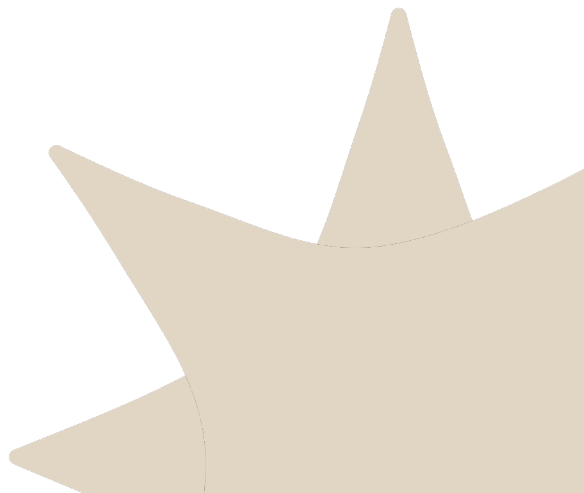
# Types of Headaches

- 1. Tension-Type Headaches (TTH):** mild-to-moderate, bilateral, stress-related
  - 2. Migraines:** moderate-to-severe, unilateral, nausea, light/sound sensitivity
  - 3. Cluster Headaches:** severe, unilateral, eye/temple pain
  - 4. Secondary Headaches:** caused by underlying conditions e.g. high or low BP
  - 5. Hormonal/Period-related Headaches:** linked to oestrogen fluctuations
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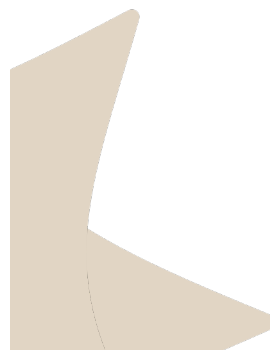
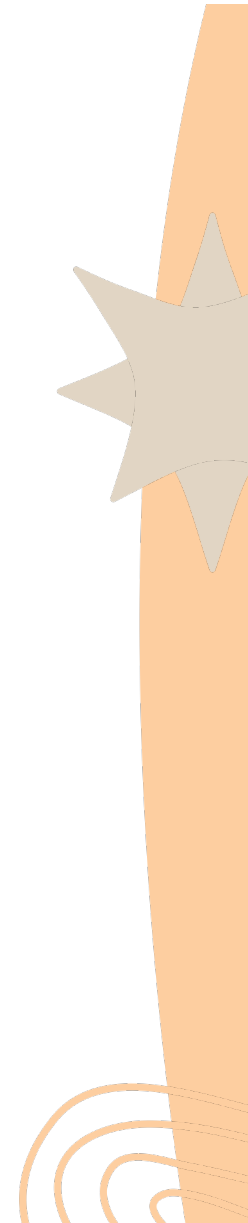
## Common Triggers & Contributing Factors



- **Dietary/Nutritional: Histamine-rich foods, tyramine, caffeine, artificial sweeteners, MSG, skipped meals, dehydration**
  - **Hormonal: Oestrogen fluctuations, contraceptives**
  - **Other: Stress, poor sleep, environmental factors, medications**
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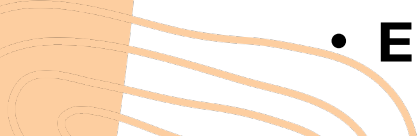

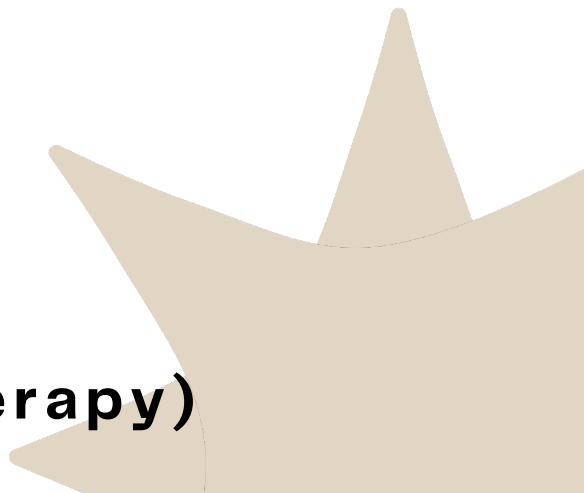
# Nutrition & Lifestyle Approaches

- **Balanced meals & regular eating**
  - **Hydration: Around 2L water per day**
  - **Anti-inflammatory diet: vegetables, fruits, omega-3s, whole grains**
  - **Magnesium-rich foods: spinach, almonds, avocado (supplementation)**
  - **B-Complex, CoQ10, Vitamin D, Iron**
  - **Omega-3 fatty acids: fish, chia, flax**
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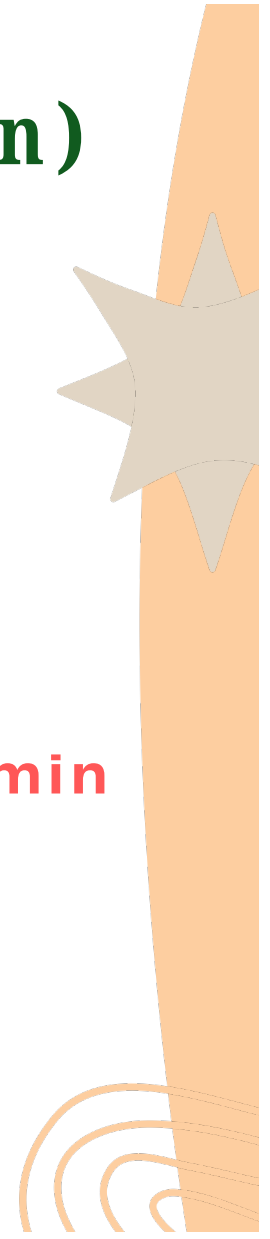
# Supplements & Natural Interventions




- **Magnesium Supplement**
  - **Omega-3**
  - **B-Complex**
  - **Co-Enzyme Q10**
  - **Vitamin D: check serum levels**
  - **Iron**
  - **Herbs: Ashwagandha**
  - **Essential oils: Lavender (aromatherapy)**
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# Hormonal Considerations (Women)

- 1. Migraines often worsen around menstruation**
  - 2. Pregnancy may improve migraines for some**
  - 3. Menopause: mixed effects**
  - 4. Lab tests: Oestrogen, progesterone, thyroid, vitamin D, magnesium, iron.**
  - 5. Food Intolerance Testing**
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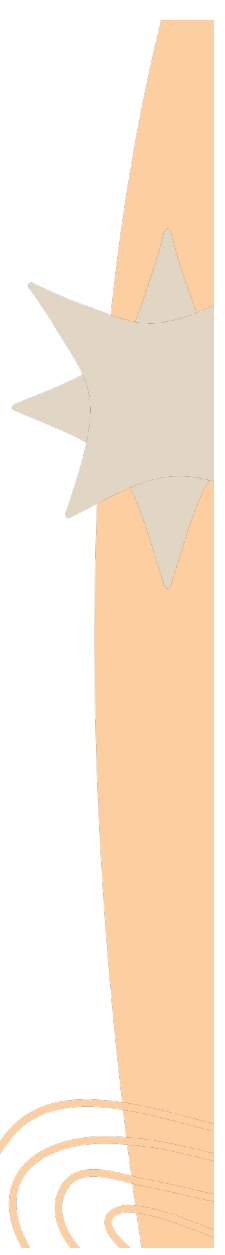
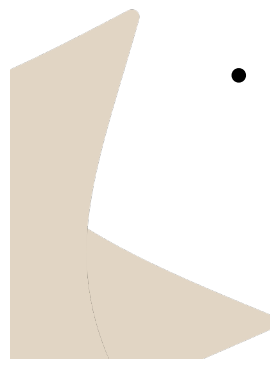

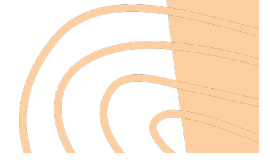
# Managing Headaches & Migraines: Food Diary & Practical Strategies



- **Keep a food and symptom diary: track meals, snacks, drinks, stress, sleep, and headaches**
  - **Identify personal triggers: foods, beverages, stress, hormones, sleep patterns**
  - **Try short-term elimination of suspected triggers (histamine, tyramine, caffeine)**
  - **Maintain regular meals and hydration**
  - **Manage stress: meditation, gentle exercise**
  - **Ensure adequate sleep and consistent sleep schedule**
  - **Consider supplements: magnesium, omega-3, iron, etc**
  - **Track menstrual cycle in women to identify hormone-related patterns**
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# Lab Tests to Support Nutritional Intervention

- **Micronutrients: magnesium, B2, vitamin D, iron, omega-3**
  - **Hormones: Oestrogen, progesterone, thyroid**
  - **Inflammation markers: CRP, homocysteine**
  - **Food sensitivities & histamine intolerance**
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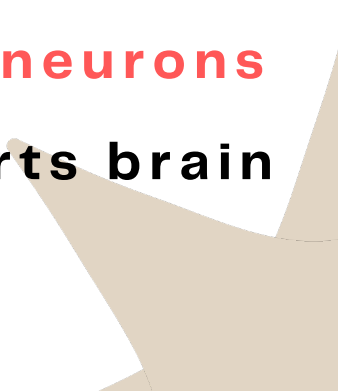


## Triggers Affecting Severity & Frequency

- **Skipping meals / dehydration**
  - **Stress & sleep disturbances**
  - **Hormonal fluctuations**
  - **Environmental: weather, lights, odours, loud noises**
  - **Dietary triggers: caffeine, processed foods, histamine/tyramine**
  - **Genetics/family history.**
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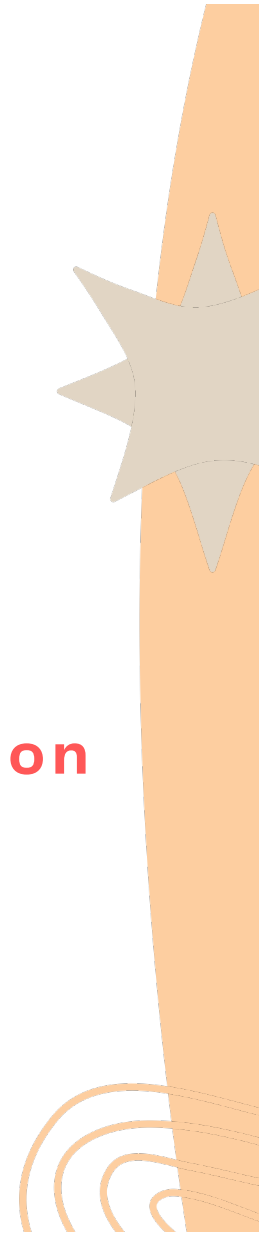


# Vitamins & Minerals for Headache & Migraine Support

- **Magnesium: supports nerve and blood vessel function**
  - **B-Complex Vitamins: supports energy metabolism, neurotransmitters, and nerve health**
  - **Vitamin D: supports immune function and inflammation regulation**
  - **Iron: important for oxygen delivery, especially in women**
  - **Coenzyme-Q10: supports energy production in neurons**
  - **Omega-3 fatty acids: anti-inflammatory, supports brain health**
  - **Zinc: supports neurotransmitter function**
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# Key Takeaways

- **Migraines are more common in women; hormone-linked**
  - **Nutrition, hydration, and lifestyle reduce frequency & severity**
  - **Magnesium, B-Complex Vitamins, CoQ10, Iron, omega-3, vitamin D support prevention**
  - **Identify personal triggers (dietary, hormonal, environmental)**
  - **Lab testing guides personalised interventions**
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An illustration on the left side of the slide shows a brown pill bottle tipped over, spilling several pink, oval-shaped pills onto a light brown, star-shaped background. A white, cylindrical pill cap lies nearby. The scene is set against a white background with decorative elements: a cluster of brown and grey circles in the top left, a grey star and orange concentric circles in the top right, and a cluster of brown and grey circles in the bottom right. A solid orange curved shape is at the bottom of the slide.

**Thank You!**

**Any Questions?**

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