

# Natural ways to help prevent and treat **Migraine Headaches**

Chiropractic adjustments restore normal movement and position of joints, which helps take pressure off of the neck muscles. This often relieves headaches of every kind. Migraine headaches can be more difficult to relieve completely with adjustments alone. **BBT** (brain based therapy), done in our office, can be very helpful in relieving migraine headaches.

Here are the supplements that should be considered for people suffering from migraine headaches.

1. **Magnesium**. Take 400-1000mg per day, divided among meals with food. Consider **Twice Daily Essentials** for its balanced combination of 500mg calcium and 500mg magnesium along with activated B vitamins, anti-oxidants and chelated minerals.
2. Feverfew. **Migraspray** is a homeopathic preparation that contains feverfew.