

Headaches / Migraines

Cause: Headaches are a neurological condition with symptoms ranging from mild to severe and disabling. More than 23 million people in the United States suffer from migraine, corresponding to over 17% of all females and 6% of all males living in the U.S.

There are two main types of headache: primary and secondary.

Primary Headaches include tension-type, migraine and cluster headaches and are not caused by other underlying medical conditions. More than 90% of headaches are primary.

Secondary Headaches result from other medical conditions, such as infection or increased pressure in the skull due to a tumor. These account for fewer than 10% of all headaches.



What May Help: Watkins Superfood Multiple (Super Multi), Female Formula and Osteogen

Why: Contain magnesium and calcium. Daily supplements of calcium and magnesium are recommended for those who suffer from Migraines. These minerals help to maintain healthy blood vessels, and low levels of magnesium are common in people who suffer from migraines. Superfood Multiple (Super Multi) also contains riboflavin (B-2) which may help to reduce the frequency of migraines.

What May Help: Watkins Resist Plus

Why: Ingredients help to block harmful invaders from entering the body which may help to reduce the triggers that lead to headaches.

What May Help: Watkins Peppermint Foot Cream

Why: Research has shown that peppermint applied to the forehead and temples may help to ease headache pain and compares favorably with acetaminophen in its ability to reduce headache symptoms.

What May Help: Foods high in omega 3 fatty acids, such as salmon, may help prevent migraines.

Why: They may help to reduce blood vessel spasms.

Helpful Hint: Certain foods and beverages are known to trigger migraines. If you suffer from migraines, try to avoid the following: Aged cheeses, onions, pickles, cured meats, chocolate, red wine, beer, sour cream, nuts, freshly baked yeast products, eggs, tomatoes, citrus fruits and caffeinated beverages.

Try This:

At the outbreak of a headache, apply **Watkins Peppermint Foot Cream, Icy Blue Ointment or Menthol Camphor Ointment (Medicated Ointment)** onto the temples, forehead and back of neck. Rub in circular motion. Repeat at least 2 times at 15-minute intervals.

If you experience chronic headaches, before going to bed, rub **Watkins Menthol Camphor Ointment (Medicated Ointment) or Icy Blue Ointment** onto feet. Put on a pair of cotton socks over the ointment. According to Naturopaths and personal testimonials, this may help to ward off headaches.