

Migraines by Brad Surette, BA, RMT

Millions of people suffer with the intense pain of migraines each year.

Stretching your entire upper body on a regular basis helps to diminish the frequency of migraines as does removing causes of stress in your life.

Starting a yoga class, deep cleansing breaths, and meditation are all great ways to reduce stress as well as being highly effective forms of preventative maintenance.

But what can you do when you are already in the midst of a crippling migraine?

First, grab an ice pack or a frozen bag of vegetables. Place the cold source on top of your head (using a winter hat is a great way to hold the ice pack in place).

Next, fill up the kitchen sink with water as hot as you can tolerate. Immerse both forearms into the hot water. You will want to make sure your entire forearms, from the hands to the elbows, are immersed in the hot water.

Now soak your arms for the next three to five minutes. Do not be alarmed at how red your arms become. This is the normal response and a good indication

relief is minutes away.

During a migraine episode the blood vessels in the head tend to dilate and become swollen with blood causing increased pressure and pain.

The ice causes vasoconstriction (narrowing of the blood vessels) which reduces swelling in the brain. The hot water causes vasodilation (widening of blood vessels) which helps divert the excess blood away from your head giving you quick relief. Try it, it works! - Brad Surette, BA, RMT