Individuals with disabling headaches have usually inherited a nervous system that is highly sensitive to changes in the environment, both internal and external. Headache disorders, then, are neurological phenomena that are part of a person’s biochemical make-up. The key to managing these headaches is learning to live successfully with your nervous system. To do so, you need to understand the role of lifestyle issues, such as diet, exercise, biofeedback and relaxation, and the importance of being kind to yourself between headache attacks. Because most individuals experiencing attacks of disabling headaches are not under the care of a medical professional, self-management strategies are paramount to balance this highly sensitive nervous system.

The first step to headache management is recognizing the migraine threshold, which is the balance between the demands on an individual’s nervous system and the physiological resources available to meet those demands. The migraine threshold is, in essence, a measure of the body’s vulnerability to an attack of migraine. Individuals who do not suffer disabling headaches have a high migraine threshold whereas those with a predisposition to migraine have a low threshold. The good news is that certain behaviors and activities can raise the threshold even in those who have a predisposition to migraine headaches.

The first step in determining your threshold is maintaining a headache diary, similar to the example at the end of this booklet. The diary can help you identify risk factors for an attack, such as lack of sleep, stress due to pressing deadlines, changes in weather and/or barometric pressure, or specific foods. Once these triggers are identified, you can use specific behaviors to protect your nervous system to prevent an attack. For example, behavior modifications may offer relief such as maintaining a sleep routine by going to bed...
and awaking at the same time each day, getting adequate sleep, avoid skipping meals, practicing biofeedback and relaxation when confronted with a stressful situation or an approaching weather front, or be alert to foods that may trigger a headache (such as aspartame, MSG, or excessive amounts of caffeine). It may also include complementary and alternative medicine (CAM), which can be effective in increasing the migraine threshold when the system is vulnerable to an attack. Various CAM therapies are explained in this booklet to help you participate more effectively in managing your nervous system, and hopefully preventing headaches.

**Complementary and Alternative Medicine (CAM)**

Traditionally, complementary and alternative medicine has been considered outside the realm of conventional medicine. Western medicine has focused on the acute treatment of disease and injury, whereas CAM typically promotes health and prevention of disease. Yet this distinction is changing. The National Institutes of Health has created the National Center for Complementary and Alternative Medicine (NCCAM) to conduct research on the effectiveness of CAM treatment methods and report findings to consumers and professionals. As the benefits of CAM techniques are being scientifically validated, these interventions are being incorporated into therapeutic regimens, and thus creating integrative medicine.

CAM is divided into five domains: Whole Medical Systems, Mind-Body Medicine, Biologically-Based Practices, Manipulative and Body-Based Practices, and Energy Medicine.

**Whole Medical Systems** are time-honored theories and practices that successfully treated ailments even before the existence of conventional medicine. Homeopathic medicine, naturopathic medicine, traditional Chinese medicine, and Ayurveda would be included in this group.

**Mind-Body Medicine** uses specific techniques to enhance the mind’s ability to change bodily function and symptoms. Many of these methods are now considered mainstream and include biofeedback, meditation, prayer, support group participation, cognitive-behavioral therapy, and creative therapies, such as art, music, and dance.

**Biologically-Based Practices** use natural substances, such as herbs, minerals and vitamins to treat the body.

**Manipulative and Body-Based Practices** treat disorders by moving or manipulating the body. These practices include chiropractic and osteopathic manipulation, and massage.

**Energy Medicine** alters the energy field surrounding or infiltrating an individual to achieve health. The biofield therapies include Qigong, Reiki, and Therapeutic Touch. Bioelectromagnetic-based therapies include pulsed fields, magnetic fields, and alternating-current or direct-current fields.

**Integrative Medicine**

Integrative medicine incorporates treatments from conventional medicine with CAM techniques that have been scientifically proven to be effective. CAM therapies are activities that can help balance the nervous system between attacks of migraine and prevent the occurrence of some attacks. Thus, headache sufferers can take responsibility for maintaining a healthy, relaxed body. By learning to read bodily signals that the system is becoming overwhelmed and by responding with exercise, biofeedback or another self-nurturing activity, the individual becomes empowered.
In 2002, a government survey of approximately 31,000 individuals found that one-third of Americans engage in integrative medicine. The range of interventions for the prevention of headaches includes aromatherapy, chiropractic, hypnotherapy, massage, reflexology, Reiki, and yoga. If prayer is included as an alternative way toward health, 62% of American adults are using nonconventional treatments. During the past 20 years, integrative medicine centers have opened across the country. According to the American Hospital Association, the percentage of U.S. hospitals that offer complementary therapies has more than doubled in less than a decade, from 8.6% in 1998 to almost 20% in 2004. Even though little, if any, scientific evidence supports the effectiveness of these practices, many individuals have found them to be helpful.

Again, a headache diary is the best way to track the use and effectiveness of these techniques. If your attacks decrease or your body feels healthier, this is an indication that a technique works for you.

**Are there any dangers to CAM therapies?**

Although there is an assumption that alternative or natural therapies are safe, chemicals in plant and nutritional therapies have an effect on the human body and can react with medications or other alternative products. A common example is “natural” diet pills that contain caffeine, which may increase the frequency of headaches. When considering the addition of adjunctive agents to your headache management strategy, always discuss these products with your healthcare provider.

**How do I decide which alternatives are right for me?**

Finding an alternative therapy that helps balance the nervous system between attacks of migraine is largely a matter of trial and error. To start, evaluate yourself as well as your headache pattern. Examine three areas: your physical, nutritional, and psychological needs and sensitivities. Identify the factors that affect your nervous system and lead to headache, as well as the factors that nurture your nervous system and protect you from headache. This exercise is best accomplished through a diary maintained over several weeks or months.

Identify the area of your life that appears to need the most attention. If frequent sore muscles or an old neck injury is exacerbated when your system is under stress, physical therapies such as massage, osteopathic manipulation, or relaxation techniques may be helpful. If your meals generally consist of frozen dinners or a hasty visit to a fast-food restaurant, then dietary and nutritional counseling may be an appropriate starting point. If you experience difficulty sleeping or are bothered by recurrent negative thoughts, biofeedback or cognitive-behavioral therapy may be necessary. Focus on one aspect at a time although several issues may appear to require attention simultaneously. Document your progress through the diary. Typically, changes will be noticeable within three months.
Integrative Therapies Useful in Headache Treatment

**ACUPUNCTURE**

Acupuncture is a medical practice developed in China 3,000 years ago. During an acupuncture session, a skilled practitioner places thin needles in points along specific pathways that run through the body (called meridians) in order to manipulate and unblock chi. Chi (or qi) is a vital life energy that permeates every living being. When this essential life force is blocked, disease can ensue. The needles are so thin that placement does not puncture tissue. As a result, discomfort, if any, is mild.

Several studies have shown that acupuncture reduced the need for medications and decreased the frequency of headache attacks. Acupuncture addresses many aspects of a person, not just headaches. Therefore, acupuncturists will ask patients about all their health issues and attempt to treat imbalances that affect the whole person.

**ACUPRESSURE**

Acupressure is a related technique that applies pressure to energy-releasing trigger points of the body in order to enhance the flow of chi. Various acupressure points and techniques may be helpful in alleviating headaches. Patients are trained by a qualified practitioner to self-administer pressure over selected areas to prevent or treat headaches. The most effective results occur when the individual integrates a preventive regimen into a daily routine.

**BIOFEEDBACK**

Over the past five decades, biofeedback has gained acceptance in traditional headache practice. Widely used in headache and pain treatment centers, multiple studies have demonstrated its effectiveness in preventing or reducing the pain of headache. However, biofeedback is infrequently integrated into general medical settings and it remains categorized as an
alternative therapy.

In headache treatment, there are three forms of biofeedback: thermal, muscular (EMG), and brain wave (EEG). Thermal or temperature biofeedback training redirects the blood flow to the hands. A finger thermometer, or thermistor, is taped on the finger to record finger temperature before, during, and after completing a relaxation exercise. With practice, most people can train their nervous system to raise their finger temperature to 96°F through relaxation exercises. (The average finger temperature is about 85°F in individuals without migraine and in the 70°F to 79°F range for migraine sufferers.) Thermal biofeedback is the most practical form of biofeedback because it requires little equipment and can easily be practiced at home. Many people learn to use these techniques with minimal instruction, but in order to be effective, it must be integrated into daily life.

In EMG biofeedback, an electrode is placed on the skin over a muscle (usually the forehead, neck, or shoulder) to measure microvoltage; a tight muscle produces more microvoltage than a relaxed one. Relaxation exercises help decrease the microvoltage and the muscle tension.

During EEG biofeedback, sensors are placed on the scalp to record and monitor brain wave patterns. While doing a relaxation exercise, the individual trains the brain to slow brain wave activity, which signifies a relaxed state. With practice, a person can achieve a slowed brain wave (theta) state -- even during stress.

The aim of these techniques is to gain adequate control over the nervous system so that a person can maintain a relaxed body even during periods of stress, thereby increasing the migraine threshold and reducing migraine attacks.

COGNITIVE-BEHAVIORAL THERAPY
Cognitive-behavioral therapy has been proven effective for a number of disorders including chronic daily headache, particularly when used in conjunction with medications. For many headache sufferers, dealing with the stress that chronic illness can have on their life and family can present a significant challenge. Some of these headache patients have experienced trauma over which they feel guilty or fear a recurrence. Talking with a therapist can be an effective process to learn how to change some of the behaviors that may contribute to illness, to resolve powerful emotional issues, and to regain a sense of power over your life. Combining cognitive-behavioral therapy with biofeedback is particularly helpful for those headache sufferers with concomitant depression and/or anxiety. Many cognitive-behavioral therapists are also trained in biofeedback techniques.

ELECTRICAL STIMULATION
Electrical stimulation applied to the skin can diminish the perception of pain in many individuals. These devices, transcutaneous electrical nerve stimulators (TENS) units are commonly used on sites other than the head. One exception is a special type of TENS unit, a Cranial Electrical Stimulator or CES, which applies a very small current across the head. CES has been shown effective for chronic tension-type headache and migraine prevention.

Electrical stimulation is believed to work by activating a centrally-mediated pain suppression system. Many Western researchers theorize that acupuncture works similarly. Both have been shown to raise levels of endorphins, considered the body’s natural pain relievers.

HOMEOPATHY
Homeopathy theory states that the symptoms of a
disease are an expression of the body’s natural healing mechanism. While traditional medicine uses drugs to suppress these symptoms, homeopaths believe this type of treatment only masks the problem and inhibits the body’s natural tendency to heal itself. Homeopathy’s Law of Similars is based on the principle that using agents that produce similar symptoms increases the body’s ability to heal itself. This form of therapy uses highly diluted formulations made from plant, animal, and mineral extracts. Homeopathic medicines are highly individualized—there are at least 11 different headache remedies. In randomized placebo-controlled trials, homeopathy provided less than a 20% improvement for migraine and tension-type headache.

MANIPULATIVE PROCEDURES
These therapies are broadly grouped by the fact that they require a skilled practitioner. Joints or muscles are moved in an effort to relieve tension in the muscles and promote normal joint mechanics, mobilize fluids within soft tissues, and promote normalcy of neural function and movement. These therapies include osteopathic manipulation performed by a doctor of osteopathy (D.O.), chiropractic manipulation performed by a chiropractor (D.C.), or muscle manipulation performed by physical therapists or myofascial therapists. Specific techniques such as Rolfing, Alexander, and Feldenkrais are also types of manipulation. Each of these therapeutic techniques have certain nuances in how they are performed that distinguish them from one another. It is probably fair to say the skill of the practitioner is central to their success. Manipulative therapies are most likely useful when muscle tension is a key component of the headache or the individual has incurred an injury to the head or cervical region, especially the neck.

MASSAGE
Massage is effective for general relaxation and relieving stress buildup in muscle tissue. Several studies suggest massage can decrease headache frequency and increase body awareness. Personal preference is the best way to decide which type of massage will be most effective. Massage also provides a quiet time for relaxation and self-nurturing.

SUPPLEMENTS

Coenzyme Q10 (CoQ10)
CoQ10 is present in almost all cells in the body and is a critical component for the conversion of energy. Some studies have shown that a nutritional supplement of CoQ10 can reduce the frequency of migraine attacks by improving the energy production of cells. These studies used doses of 150 mg either once per day or twice per day, with the evidence strongest for taking the supplement twice per day.

Feverfew
Feverfew is a formulation of dried leaves of a particular species of chrysanthemum. Although there has been a long history of using feverfew for migraine prevention, there is little scientific evidence that it is effective and it is very difficult to control the amount of active ingredient consumed. There is a greater than 400% variation in dosage strength of the active ingredient, parthenolide, meaning that the response to feverfew varies not only from product to product, but from bottle to bottle or dose to dose, whether in fresh, powdered, or tablet form. A typical dose is one capsule three times a day. Considering the great variation in active ingredient, a dose that is effective with one container may not be consistent with another container. This variation makes it impossible to prescribe a particular dose. The biggest challenge is finding a manufacturer that produces a product with consistent potency. Since these products also contain melatonin, there is some question about whether
parthenolide or melatonin is the major active ingredient.

There is a product (Lipigesic®), containing feverfew and ginger, which is available for sublingual (under-the-tongue) administration. This method of delivery hastens the ingredients directly into the bloodstream. Research continues on the use of this agent.

**Fish Oil**
Fish oils have been shown beneficial in preventing heart disease and, in one study, in preventing migraine. Certain fish contain high quantities of protective fat called omega-3 fatty acids, which stabilize the membranes of nerve cells and make them more resistant to migraine. The dose used in the migraine study was 500 mg three times a day. Side effects are rare, but include stomach upset and “fish” breath. Capsules that do not cause bad breath are also available. Another alternative is to increase consumption of more oily fish, such as cod and salmon.

**Ginger**
Although interest has increased into the use of ginger in migraine therapy, little research is available regarding its use in headache. Ginger has been studied extensively for its effects on the gastrointestinal tract. Ginger can be helpful for nausea and may help absorption of other medications. It also has a small amount of antihistamine and anti-inflammatory action which may help headache.

**Magnesium**
Magnesium is the fourth most abundant mineral in the body and is needed for more than 300 biochemical reactions. Magnesium relaxes smooth muscle in blood vessels, the intestines, and uterus. Individuals suffering from frequent or daily headaches usually demonstrate low magnesium levels. Several studies have suggested that daily supplementation of 500-750 mg of magnesium produces a beneficial effect on headaches, particularly migraine. Taking a daily supplement has a demonstrated preventive effect in menstrually-related migraine. Given intravenously, it may relieve an acute episode of migraine. Conventional migraine agents, such as the triptans, are also more likely to be effective when magnesium is at normal levels.

At this time, reliable testing to determine serum magnesium levels is only available at a limited number of special facilities. In a healthy person, magnesium supplements are safe and easily metabolized. The most common side effect is diarrhea; a consequence of magnesium's relaxing of intestinal muscles. Other sources of magnesium include nuts, whole grains, and tomatoes.

**Melatonin**
Melatonin is a naturally occurring hormone that is important in the regulation of the circadian rhythms of several biological functions. Increasing evidence shows a correlation between melatonin secretion and headache; in some small studies, melatonin supplementation decreased headache intensity and duration. Melatonin is also widely used as a sleep aid for patients with sleep difficulties or those who are traveling across time zones. A dose of 1 mg is recommended to start, with increases of up to 3 mg as necessary.

Melatonin has also been found helpful for some cluster headache sufferers. Cluster headache studies used higher doses of 9 to 12 mg. It is recommended that doses at these high levels be taken under medical supervision.
**Petasites hybridus**
Also known as butterbur root, petasites is a perennial shrub that grows wild on German riverbanks. Two studies using 150 mg of petasites per day have demonstrated effectiveness in preventing migraine. Unpurified petasites can contain pyrrolizidine alkaloids that may cause liver damage, but Petadolex®, which is purified according to German pharmacological requirements, is considered safe. Petasites takes approximately three months before a noticeable effect is evident.

**Riboflavin – Vitamin B2**
Riboflavin is essential for many chemical reactions to occur in the body. In particular, it helps nerve cells make an energy-producing substance called ATP. During attacks of migraine, cells are considered to be in an energy crisis. Taking high doses of riboflavin (generally 400 mg is recommended) can reverse this process and, over time, migraine frequency may decrease. Studies suggest it may take three or more months to produce noticeable benefits. Although side effects are uncommon, little is known about the long-term use of riboflavin at these higher doses.

**Theramine**
Research is currently being conducted on theramine, a medical food designed to address the increased nutritional requirements associated with chronic pain syndromes and low back pain. It is believed that theramine promotes the production of the neurotransmitters that help manage and improve the sensory response to pain and inflammation. The use of “medical foods” is an emerging field.

**VISUALIZATION, GUIDED IMAGERY AND HYPNOTHERAPY**
In these variations of biofeedback, you imagine or visualize a place of calm and comfort. The goal is to detach yourself from stressful events that may occur in daily life. It is similar to learning to daydream in a controlled, productive manner. If practiced regularly, these techniques can act as a guide for coping with stress more effectively. Often people use a CD-ROM/DVD that ushers them on an imaginary journey to a garden, forest, seashore, or other relaxing environment. These techniques can be self-taught, but are usually learned most effectively with the aid of a therapist.

**CREATING AN INDIVIDUALIZED MANAGEMENT PLAN**
Headache can be a symptom of many other medical conditions. Fortunately, serious causes of headaches are rare. However, it is important that any persistent headache be adequately evaluated. Headaches can be divided into two categories, primary and secondary. Primary headaches include migraine, tension-type, and cluster. Becoming involved in your treatment is the best way to control the occurrence of these disabling headaches. Secondary headaches are the result of another cause, such as an infection, disease, injury, or medication. To determine the type of headaches you experience, seek an evaluation by a healthcare provider.

For primary headaches, there is no magical cure. Headaches such as migraines are a reflection of how your nervous system is constructed. The ultimate goal to managing headaches is to learn how to live in harmony with your nervous system. Success occurs when there is a balance between the demands placed on the nervous system and the use of nurturing or restoring activities. Demands can be nutritional, physical, emotional, or spiritual. Restorative activities can be sleep, rest, regular meals, or any of the above-mentioned therapies.
A diary is an excellent starting point for charting headache activity and identifying factors that elicit a reaction from your nervous system. The diary also pinpoints signals that indicate your nervous system is being overwhelmed by excessive demands. By learning to recognize these signals, you may be able to intervene early in the process and avert an attack completely. For example, is a restless night's sleep an indication of excessive demands at home or work? Is that tight feeling in your neck the result of sitting in a non-ergonomic desk chair or poor posture? Track your successful days, because these are the experiences you wish to recreate.

After you've defined your headache pattern, evaluate your management needs. This is an excellent time to discuss your headaches with your healthcare provider. Find further information about CAM therapies through the Internet or books. You may develop a comprehensive plan that includes complementary techniques as well as established therapies.

To keep headaches from interrupting your life, learn to intervene in the headache cycle early, but appropriately. Monitor the factors that place you at risk for headache and explore options for altering these risk factors. Take steps to nurture yourself before your nervous system becomes overtaxed. These steps include getting adequate rest, eating regular meals, stress reduction, exercising, and enjoying life. Add CAM therapies that address problem areas. Learning to manage stress more effectively should help decrease the frequency and intensity of your headaches. Establish a working partnership with your healthcare provider so she or he can assist you in charting your way to success. Being your own advocate will only enhance your treatment, and help reduce your headaches.

GLOSSARY

ACUPOINTS
Acupressure and acupuncture points along meridians (pathways) throughout the body.

ACUPRESSURE
Application of pressure to energy-releasing trigger points of the body to enhance the flow of energy, called chi; traditionally employed by Japanese and Chinese medical systems.

ACUPUNCTURE
Ancient method of Chinese medicine that uses hair-thin needles to stimulate specific points of the body along meridians in order to encourage the flow of vital energy, called chi.

ALEXANDER TECHNIQUE
Method that rebalances the body through breathing, movement, touch, and awareness.

AROMATHERAPY
Massage of the body, with or smelling of, a preparation of fragrant essential oils extracted from herbs, flowers, and fruits to enhance a feeling of well-being.

AURA
Neurological symptoms, such as flashing lights, seeing shapes or blindness, numbness, muscle weakness or slurred speech, which in some individuals, precede a migraine headache by 10 to 30 minutes, but can also occur without head pain.

AYURVEDIC MEDICINE
Traditional healing system of India based on the philosophy that all living things, including food, contain different proportions of the five basic energies: fire, water, earth, wood and metal. This philosop-
phy believes each person is one of three doshas or body types: vata, pitta, or kapha. The Ayurvedic doctor personalizes treatment depending on the individual’s body type. The Ayurvedic diet matches certain foods with each individual to counterbalance disturbances in the person’s bio-energy.

**BEHAVIOR MODIFICATION**
Psychological technique for changing behavioral habits via awareness and specific exercises.

**BIOELECTROMAGNETIC-BASED THERAPY**
The use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields to treat and prevent disease.

**BIOFEEDBACK**
Method to help individuals consciously control involuntary activities of the body, such as skin temperature, muscle tension, and brain waves.

**CHI**
(Also known as qi and ki.) In Oriental medicine, vital life energy that permeates the universe and every living being.

**CHIROPRATIC**
Discipline of healing based on the belief that diseases emerge from changes in the skeletal structure.

**CHRONIC**
Continuous or intermittent over a prolonged time.

**CLUSTER HEADACHE**
Severe, one-sided headaches of short duration that occur in “clusters,” or series, on the same side of the head. Headache is usually accompanied with tearing of the eye, nasal congestion, and droopy eyelid on the same side as the headache. These headaches produce agitation and restlessness. Cluster headaches occur in a cycle, daily for weeks or months, and then go into remission for months or years.

**COGNITIVE-BEHAVIORAL THERAPY**
(Also known as cognitive therapy.) A form of psychotherapy that teaches patients to substitute desirable patterns of thoughts or beliefs for maladaptive or faulty ones.

**FELDENKRAIS**
Application of certain principles and exercises that help the body program the brain to benefit the whole mind-body system. Through awareness, a person can learn to move with lightness and freedom, improving physically, as well as emotionally, intellectually, and spiritually.

**HOMEOPATHY**
A medical system that treats disease by the administration of minute doses of a remedy that would produce symptoms similar to those of the disease in healthy persons.

**HYPNOTHERAPY**
A state of focused concentration that allows a patient to be highly receptive to suggestion or re-education.

**MANIPULATION**
Use of manual force to heal; often employed by chiropractic and osteopathic practitioners to adjust or influence the body’s structure.

**MERIDIAN**
(Also known as channel.) In traditional Oriental medicine, 14 channels connect major organs to other body parts and promote the flow of chi (energy) throughout the body.
MIGRAINE
A neurological process consisting of five stages—prodrome, aura, headache, resolution/rescue, and postdrome. The headache is often one-sided, aggravated by activity, and accompanied by nausea and/or vomiting and sensitivity to noise and light. More than 70% of migraine sufferers are women.

MIGRAINEUR
Person with migraine.

MYOFASCIAL
Relating to the fascia (connective tissues) and muscles.

NATUROPATHY (NATUROPATHIC MEDICINE)
A system of treatment for disease that emphasizes the body’s intrinsic ability to heal and maintain itself, emphasizes the use of natural agents such as herbs and foods, and avoids drugs and surgery.

NERVOUS SYSTEM
The brain and spinal cord, nerves, ganglia and parts of the organs that receive and interpret stimuli and transmit impulses.

OSTEOPATHY (OSTEOPATHIC MEDICINE)
Osteopathy places emphasis on the achievement of normal body mechanics as central to maintaining good health. Osteopathic physicians are trained in conventional methods of diagnosis and treatment, but also use manipulative therapy.

QIGONG
(Also known as chi kung and ch’i kung.) An ancient Chinese healing art involving meditation, controlled breathing, and movement exercises.

REFLEXOLOGY.
Applying massage or pressure to specific areas of the feet, hands, head, and ears; based on the belief that pressure applied to these points benefits other parts of the body.

REIKI
A system of hands-on touching intended to normalize and strengthen certain vital energy fields in the body (chi).

ROLFING
(Also known as Structural Integration.) Technique based on the concept that human functioning is improved by proper body alignment. Practitioners stretch connective tissues to reduce muscle tension, which can be painful, as considerable pressure is used.

TENSION-TYPE HEADACHE
Characterized by band-like steady pain; unlike migraine, there is no aura, nausea and/or sensitivity to light or sound.

THERAPEUTIC TOUCH
A technique in which a practitioner passes his or her hands over the body to induce relaxation, reduce pain, and promote healing.

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)
Electrical stimulation of nerves through the skin; for headache treatment, directed at specific areas to block transmission of pain.

TRIGGER
Any stressor that sets off a headache. Could be physical (such as diet or allergen) or emotional (such as stress).
**HEADACHE DIARY**

A headache diary consists of tracking the following information:

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<th>DATE</th>
<th>TIME Start/Finish</th>
<th>INTENSITY (Rate on a scale of 1-10, 10 being most severe)</th>
<th>PRECEDING SYMPTOMS</th>
<th>TRIGGERS</th>
<th>MEDICATIONS (and dosage)</th>
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