

Headache

Need Headache Relief? 4 Everyday Remedies to

Keep Your Brain Happy

About 15% of people suffer from severe headaches and migraines. Headache relief might not seem like a high priority for most people. But for those who get them multiple times a month or even multiple times per week, a little bit of relief can mean the difference between being able to go to work and staying home.

Even for those who don't get chronic headaches but suffer from sporadic tension headaches, relief is a welcome thing.

Want to learn a few everyday remedies that you can use to get some headache relief? Here are four.

You're Hot, then You're Cold

You know to apply ice and heat to sore muscles—why not try it for your next headache? Especially for tension headaches, which occur because of high levels of stress and muscle tension, alternating between ice and a heat pack can help you get the relief you need.

To start, add some ice to a plastic bag and cover it with a towel to avoid harming your skin. Place the ice pack where the pain is highest and rest it there for several minutes. Don't exceed ten minutes at a time.

Use the same process for the heat pack and alternate between hot and cold until you begin to feel better.

Massage Therapy

Another way to treat tension headaches is by treating yourself to a massage. Tension can build up in your neck and back over time, and massage therapy helps to reduce this tension through muscle and tissue manipulation.

Get Hydrated for Headache Relief

Some headaches are simply a sign that you're not drinking enough fluids. Drink a glass or two of water if you feel a headache coming on. Electrolyte-rich drinks like Gatorade, Pedialyte, and Vitamin Water can also help to bring your body back into balance and provide you with some much-needed headache relief. However, some drinks can also

exacerbate headaches. Avoid coffee, soft drinks, and alcohol if you suffer from this type of headache.

Talk to a Chiropractor

If you get headaches often or miss work because of them, you should consider talking to a medical professional, such as your chiropractor, to rule out anything serious. Once your chiropractor examines you and discusses your headache relief options with you, you can begin a treatment plan. Your chiropractor may suggest regular adjustments, a personal nutrition plan, and a health plan, depending on your situation.

While headaches that occurred before you began your job are not usually covered under workers' compensation, you should still talk to a DOL doctor. Certain working conditions can cause or make headaches worse, which means you could be covered. Contact us today if you have any questions.