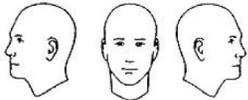
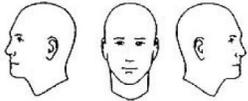
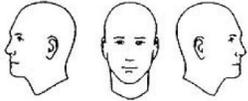
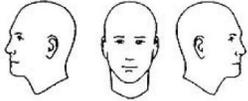
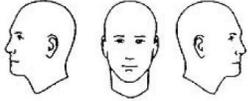
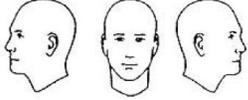


Headache Diary

NAME _____

Date/Time	Location	Length	Type/Aura	Weather	Other Symptoms	Possible Trigger	What did you try for relief?	How effective?
								
								
								
								
								
								

This is not medical advice; it is for educational purposes only. If you're concerned about the frequency or severity of your headaches, please consult a healthcare provider.

How to use the headache diary

Date/Time: Put the date and time you started feeling the onset of the headache

Location: Put a small “x” or other mark in the area you feel any pain. You can designate areas of most pain with color if you want.

Length: How long did the headache last?

Type/Aura: Was it throbbing, stabbing, squeezing, pulsing, like a band, etc. Also describe whether you see an aura: flashing lights, stars, zig zag lines, shimmering lights, psychedelic images, spots, etc.

Weather: Sometimes weather can trigger a headache. Was it sunny, warm, hot, cold, snowing, raining, foggy, etc.?

Other symptoms: Nausea, vomiting, light is painful, dizziness, and so on.

Possible triggers: You can use the following list as a guide, but you may have a trigger unique to you. Really pay attention to the things you’re doing and what’s going on with your body in order to pinpoint the triggers.

Foods

- processed foods (inflammatory, many have food coloring, preservatives, MSG)
- chocolate
- aged cheese
- hot dogs/bacon/lunch meat containing extra nitrites
- MSG-containing foods
- ice cream
- sugar
- food intolerances

Beverages

- alcohol
- caffeine

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Skipping meals leading to low blood sugar

Sleep

- too much?
- too little?
- napping?

Hormonal

- menstruation
- birth control pills or hormone replacement containing estrogen

Emotional

- stress (you'll feel this a lot in your shoulders and neck)
- anxiety

Environmental

- bright lights/TV/computer
- weather changes
- strong odors
- allergies
- medications (including the OTCs for headache relief)

What did you try for relief? Simply write down what you did: bath, cool cloth, essential oils, herbs, Tylenol, NSAIDs, etc.

How effective? On a scale of 1-10 tell how effective the solution you tried was. No relief = 1; total relief = 10

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In order to adequately pinpoint what could be causing your headaches, you'll need to recall any food/drink, exposures, activities, etc. that you experienced within the last 12-24 hours BEFORE the headache came on. Sometimes we think that the trigger is going to be there minutes before a headache, but in reality, it can be in the making for much longer.

Once you pinpoint your triggers, you can work actively to eliminate the triggers from your life. Additionally, following an anti-inflammatory diet such as the Mediterranean diet and making sure you're getting appropriate sleep, fresh air, daily movement and building healthy relationships is imperative.

Remedies to Consider

When making lifestyle and dietary changes to relieve headaches, please remember that it could take several months to experience relief.

Bodywork

For some people, bodywork, massage, yoga, meditation or other forms of active relaxation may be enough to reduce the frequency of headaches. This is particularly helpful if the root cause is from stress. You can also incorporate nervines like chamomile, skullcap, milky oats and adaptogens like ashwagandha.

Dietary: The Whole 30

If you think that food intolerances could be a trigger, then following an elimination diet such as the Whole 30 is a great idea. See how you feel after those 30 days, then introduce one food at a time and give each one a few days to see if it's a problem.

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Dietary: Mediterranean Diet

If you're confident that food intolerance is not a problem, but your diet includes other triggers such as MSGs, preservatives and so on, then switching to a whole food diet could make a big difference in the frequency of your headaches.

Support digestive system

Increase your intake of fiber in order to keep things moving and feeding the microbiome. Add fermented foods and some pro/prebiotics. Incorporate bitter herbs to increase digestive power and, if constipation is a problem, you can also take 600 mg magnesium citrate before bed. That may be enough to get your body going; if not, you can add a second dose during the day.

Stop taking OTC headache relievers

These medications can cause a Medication-Overuse Headache. Basically, the very medication you're taking for relief can end up becoming the trigger. This is especially true if you're a long-term user and take them regularly. I know it's not fun to suffer through a headache, but if you're willing to try some alternative solutions, you can get off those counterproductive medications.

Supplements & herbs

- magnesium glycinate 600-1200 mg a day or to tolerance - a huge muscular relaxer
- B vitamins, especially riboflavin at 400 mg daily, but getting a good vitamin B complex ensures balance of all the Bs. This is safe during pregnancy. May take up to a month to see results.
- fish oil 1500-3000 mg daily
- powdered ginger 250 mg - 1 g in capsule, daily. Try to take within a couple of hours of onset.
- feverfew - 25 mg daily (not during pregnancy or with blood thinners) Will work to minimize frequency over time.

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