



Food against headaches

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Abstract. Perhaps every person knows what aching or throbbing headache is. According to recently published statistics, about 70 million people suffer from chronic headaches. At the same time, some try to get rid of it with the help of medications, others simply try to survive it, and still others try to find the right ways to prevent it and alleviate it in everyday life, for example, with the help of regular food products.

Key words: food for headaches, recommendations, benefits, harm, beneficial properties, contraindications

Headache: causes and consequences

According to the scientific definition, a headache is pain that occurs in any part of the head and accompanies many diseases and conditions. However, most often it is a consequence of emotional shock or mental stress. Often a regular headache is confused with a migraine. However, despite their similarity, these concepts are different.

Unlike regular headaches, migraines are very severe, recurring attacks of headache that are accompanied by tingling in the arms and legs, increased sensitivity to light or sound, as well as nausea and vomiting. Migraine is a neurological disease.

Causes of headaches

- long work at the computer;
- poor posture, in particular when the shoulders are slumped and the chest is tight;
- old injuries, the presence of diseases - we are talking not only about neurological ones, but also about influenza, glaucoma, etc.;
- dehydration of the body;
- stress and overexertion;
- carbon monoxide poisoning;
- lack of sleep;
- nervous exhaustion;

- poor nutrition and problems with the digestive tract;
- weather change;
- Bad mood;
- lack of estrogen in women during PMS;

It is important to remember that the key to success in treating headaches is to identify and eliminate the true cause of their occurrence.

Vitamins and minerals for headaches

According to numerous studies by scientists, you can not only prevent the occurrence, but also get rid of various headaches by adding certain foods to your diet that contain the vitamins and minerals the body needs at the moment.

For migraines, preference should be given to vitamin B2, or riboflavin. It will reduce the incidence of migraines by up to 48%. This happens as a result of improved metabolism in the brain. Moreover, riboflavin takes an active part in the synthesis of nerve cells and helps increase energy access to them. It is found in dairy products, meat, fish, eggs and mushrooms.

For hormonal headaches, which often occur in women during PMS and are a consequence of a lack of estrogen, you need to take magnesium. It helps restore the sodium-potassium balance in the body and helps get rid of overexcitation. Magnesium is found in bananas, sunflower seeds, potatoes and even chocolate.

Coenzyme Q10 will help with overexertion and stress. This is a powerful antioxidant that is responsible for the health of blood vessels. It protects the body from stress, thereby minimizing the risk of headaches associated with it. It is found in eggs, fish (tuna or mackerel), cauliflower and broccoli.

With colds and flu, headache attacks most often occur due to dehydration. A glass of water or a portion of hydrating fruit will help replenish the lack of fluid. For example, watermelons, grapes, melon, strawberries or pineapple.

It is interesting to know that in China, for several thousand years, there has been a tradition of getting rid of headache attacks with the help of ginger tea. You can replace it with mint, plum or green. All of them allow you to relieve tension and, as a result, the headache itself.

Top 16 products against headaches

1. Water or fruit juices, which will not only get rid of headaches due to dehydration, but will also saturate the body with useful substances. [1,2]
2. Cherries or cherry juice. It contains quercetin, which has powerful antioxidant, antiallergic and anti-inflammatory properties. Its uniqueness is that it helps reduce sensitivity and pain. [3,4]
3. Bananas. They contain vitamin B6. Like vitamins B3 and B2, it successfully fights headaches by promoting the production of serotonin. The latter acts as an antidepressant. In addition, studies have shown that vitamin B6 helps get rid of mental fatigue, which is also a cause of headache attacks. [5]
4. Watermelon. It will help you get rid of headaches caused by dehydration. It can be consumed on its own or as part of salads with melon, berries and cucumber. [6]
5. Flax-seed. It contains sufficient amounts of omega-3 fatty acids. [7] They have anti-inflammatory properties and help relieve migraines.
6. Hot pepper and other spices. They will allow you to get rid of the so-called. sinus headache resulting from blockage of the paranasal sinus. The mechanism of their action on the body is quite simple. The pungency they contain helps cleanse the sinuses. This will reduce blood

- pressure and relieve headaches. At the same time, this product is not suitable for people suffering from chronic migraines, as it can only aggravate the situation.
7. Corn. It contains vitamin B3. It is responsible for the health of the circulatory system and has a calming effect on the nervous system. Its deficiency can cause headache attacks as a result of stress. You can replace corn with beans, tomatoes or potatoes. [8]
 8. Oatmeal or millet. They are rich in magnesium and B vitamins [9], which can relieve headaches.
 9. Spinach. One of the most useful types of greens. It helps reduce headache attacks due to the content of vitamin B2, which has a calming effect on the nervous system. Doctors say that a day started with a spinach salad promises to pass without a headache. Along with this, spinach cleanses the skin and adds shine to the hair. [10]
 10. Salmon. In fact, it is a protein [11] that will help you get rid of headaches resulting from hunger. In addition, this product is rich in omega-3 fatty acids, which can reduce the frequency, duration and severity of headache attacks.
 11. Coffee in moderation. Caffeine constricts blood vessels, thereby relieving headaches. This is why many headache medications contain caffeine. Meanwhile, when resorting to a cup of coffee, it is important to remember that excessive coffee consumption causes dehydration and only increases headache attacks.
 12. Low-fat milk. It is a source of calcium and potassium, the lack of which leads to increased blood pressure and, as a result, headaches. In addition, milk prevents dehydration.
 13. Legumes. They saturate the body with magnesium and thereby reduce headaches.
 14. Potato. It is rich in potassium, which helps restore the sodium-potassium balance and prevent dehydration. You can replace it with melon. Meanwhile, due to the alkaloid content, this product is not suitable for people suffering from chronic migraines. [12]
 15. Almond. It contains magnesium. This trace element normalizes blood pressure and relieves headaches.
 16. Peanuts in moderation. The high content of vitamin E makes it one of the best remedies for combating hormonal headaches.

How else can you get rid of headache attacks?

- Reduce consumption of excessively salty, smoked, pickled and fatty foods. It dehydrates the body.
- Reduce coffee consumption. This is one of those drinks that, in moderation, can only bring benefits and also relieve headaches. And in large cases, it can provoke dehydration of the body, a sharp acceleration of blood supply to the brain, as well as a feeling of anxiety and overwork, which are the causes of headaches.
- Avoid alcohol, especially red wine, champagne and vermouth. These drinks also increase blood flow to the brain, which can lead to headaches.
- Reduce consumption of chocolate, which in large quantities can also cause headaches.
- Avoid ice cream. Like all cold foods, it can cause the so-called. "brain freeze" - painful sensations in the forehead area. Most often they last for 25-60 seconds. Meanwhile, for some people, particularly those who suffer from migraines, they can develop into prolonged attacks of headaches.
- Limit consumption of all types of mature cheese. These are Brie, Cheddar, Feta, Parmesan, Mozzarella, etc. They contain tyramine, a substance that causes headaches.
- Limit your consumption of nuts and dried fruits, as they contain sulfites. These substances can accelerate blood circulation in the brain and, thereby, provoke headache attacks.

- Avoid soy products because, among other things, they contain tyramine, which can cause headaches.
- Limit your consumption of nightshade vegetables if you suffer from chronic migraines. These are eggplants, tomatoes, potatoes and all types of peppers. They contain alkaloids that are toxins for people of this category, as a result of which they cause severe headaches.
- Drink mint tea or rub mint oil on your forehead and temples. Mint has a vasodilating effect. [13]
- Seek help from valerian. It has a calming effect and helps fight migraines. [14]
- Rub lavender oil into your temples and forehead. You can also take a lavender bath. Or make small pads from lavender flowers, which, in case of a headache, should be applied to the forehead.
- Drink coriander tea. It relieves not only headaches, but also fatigue, irritability and drowsiness. [15]
- Drink sage tea. In moderate quantities it relieves hormonal headaches, and in large quantities it provokes its occurrence.
- Drink verbena tea. It relieves headaches that occur during PMS or during overexertion and stress. Interestingly, in France, verbena tea is more popular than black tea.

And finally, sincerely enjoy life. After all, truly cheerful and happy people are less susceptible to any diseases, many of which are the cause of all types of headaches.

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