



MANAGING MIGRAINE: VITAMINS + LIFESTYLE SOLUTIONS

MIGRAINES CAN BE TRIGGERED BY VARIOUS FACTORS, BUT CERTAIN VITAMINS, SUPPLEMENTS, AND LIFESTYLE CHANGES MAY HELP REDUCE THEIR FREQUENCY AND SEVERITY. HERE'S A QUICK GUIDE TO EFFECTIVE STRATEGIES FOR MIGRAINE MANAGEMENT:

KEY VITAMINS & SUPPLEMENTS

1. **MAGNESIUM (400-600 MG/DAY)** – HELPS RELAX BLOOD VESSELS AND REDUCE MIGRAINE FREQUENCY, PARTICULARLY IN THOSE WITH A DEFICIENCY.
2. **RIBOFLAVIN (VITAMIN B2) (400 MG/DAY)** – SUPPORTS ENERGY PRODUCTION IN BRAIN CELLS AND HAS BEEN SHOWN TO REDUCE MIGRAINE OCCURRENCE.
3. **COENZYME Q10 (COQ10) (100-300 MG/DAY)** – A POWERFUL ANTIOXIDANT THAT HELPS IMPROVE MITOCHONDRIAL FUNCTION AND DECREASE MIGRAINE ATTACKS.
4. **OMEGA-3 FATTY ACIDS (3000-4000MG/DAY)** – REDUCES INFLAMMATION AND SUPPORTS OVERALL BRAIN HEALTH. NUTRASEA FOR DRY EYE IS AVAILABLE IN OUR CLINIC AND ONLINE WELLNESS SHOP.
5. **VITAMIN D (1000-4000 IU/DAY)** – SUPPORTS IMMUNE AND NEUROLOGICAL FUNCTION; DEFICIENCIES HAVE BEEN LINKED TO INCREASED MIGRAINE RISK.
6. **FEVERFEW (50-150 MG/DAY)** – A NATURAL HERB KNOWN TO HELP PREVENT MIGRAINES BY REDUCING INFLAMMATION AND RELAXING BLOOD VESSELS.

LIFESTYLE CHANGES FOR MIGRAINE PREVENTION

1. **STAY HYDRATED:** DEHYDRATION IS A COMMON TRIGGER; AIM FOR AT LEAST 2L OF WATER DAILY.
2. **REGULATE SLEEP PATTERNS:** PRIORITIZE 7-9 HOURS OF CONSISTENT SLEEP PER NIGHT.
3. **REDUCE CAFFEINE & ALCOHOL:** EXCESSIVE CONSUMPTION CAN TRIGGER MIGRAINES IN SOME INDIVIDUALS.
4. **MAINTAIN A BALANCED DIET:** AVOID PROCESSED FOODS AND KNOWN TRIGGER FOODS (E.G., ARTIFICIAL SWEETENERS, MSG, AGED CHEESES). VISIT OUR [BLOG](#) TO LEARN MORE ABOUT VITAMINS AND NUTRIENTS THAT SUPPORT OCULAR AND TOTAL BODY WELLNESS.
5. **MANAGE STRESS:** TRY MINDFULNESS, MEDITATION, AND BREATHING EXERCISES TO HELP REDUCE TENSION HEADACHES AND MIGRAINE FREQUENCY.
6. **LIMIT SCREEN TIME & BLUE LIGHT EXPOSURE:** EXCESSIVE SCREEN EXPOSURE CAN CONTRIBUTE TO MIGRAINE DEVELOPMENT AND INCREASE DISCOMFORT.
7. **AVULUX LENSES:** LIGHT SENSITIVITY & MIGRAINE RELIEF FOR THOSE EXPERIENCING LIGHT-TRIGGERED MIGRAINES, AVULUX LENSES PROVIDE A CLINICALLY PROVEN SOLUTION. THESE PRECISION-TINTED LENSES FILTER HARMFUL LIGHT WAVELENGTHS TO HELP REDUCE MIGRAINE INTENSITY AND FREQUENCY, MAKING THEM A GREAT ADDITION TO YOUR MIGRAINE MANAGEMENT TOOLKIT. VISIT OUR [BLOG](#) TO LEARN MORE ABOUT AVULUX LENSES.

FOR THESE AND MORE MIGRAINE-FRIENDLY WELLNESS SOLUTIONS, VISIT OUR IN PERSON OR EXPLORE [THE WELLNESS SHOP](#) ONLINE!