



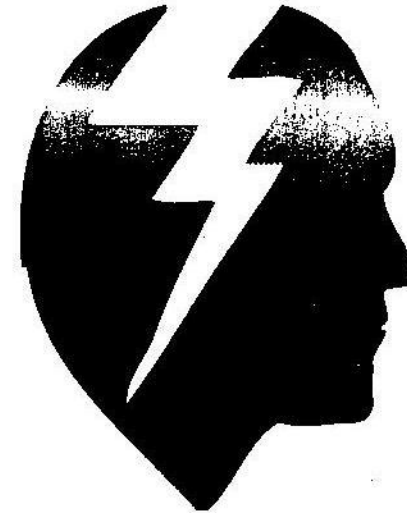


# Top Ten Tips

for Headache Prevention

1. Eat breakfast. Predictable mealtimes.
  2. Wake up at the same time each morning.
  3. Exercise at least 3 times a week.
  4. Biofeedback daily: balance internal physiology and listen to your body.
  5. No smoking, no caffeine after ~~4 pm~~, no artificial sweetener.
  6. Learn headache pattern.
  7. Pamper self during stressful times.
  8. Resolve disputes: forgive, release, resolve.
  9. Accept imperfection as human.
  10. Play is as important as work.
- 
- 

# The Migraineur's Guide to Migraine



© 1998, Primary Care Network, Inc.