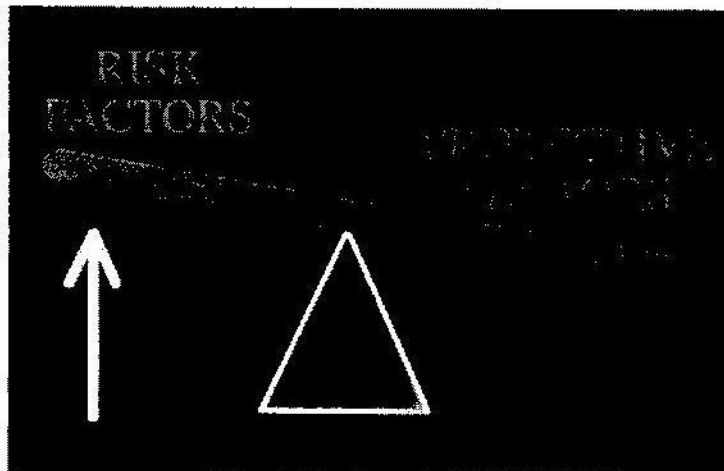


ple, an early morning migraine with significant nausea may require medication given as a nasal spray or a shot; whereas, a pill may work well for a slowly developing migraine.

Risk Factors (Table 1)

Influences in a person's life that tend to overload the nervous system are risks. Once identified in your life, you can counteract the negative effects of risks with the positive results of protective activities.

Dietary:	msg, red wine
Hormonal:	menstruation
Physical:	injury or over-exertion
Chronobiology:	lack of sleep or too much sleep
Chemical:	drugs or air pollution
Sensory:	glaring lights
Emotional:	loss, death, argument, fear
Trauma:	emotional or physical



Protective Factors (Table 2)

Self-nurturing activities protect the nervous system from imbalance. By engaging in one or more of the following activities daily, homeostasis is enhanced. Events that promote headache-free days also produce a healthy lifestyle.

- Regular physical exercise that is enjoyable.
- Nutritious meals
- Prioritize obligations to create a sense of control over life.
- Your health is of the utmost importance; the demands of others are secondary.
- Work out the pressure of stress through exercise, writing, or other expressive activity.
- Adequate sleep
- A period of relaxation twice a day to regulate the nervous system and prevent overload.

"I feel guilty over what I've missed because of migraines."

Self-Management: Living in Harmony with the Environment

A migraineur's nervous system can be trained to respond to excessive stimulation by retreating into a peaceful, internal refuge. The goal of biofeedback is to teach the body's internal physiology to respond with confidence rather than panic when a new challenge arises.