

Migraine

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GUIDELINE BY SANJAY G.M.

- **CAUSES** – Vitamin D Deficiency
 - Can be B12 Deficiency
 - Dehydration
 - Stress, depression
 - Less sleep
 - Shoulder or neck strain generally because of sitting position while using mobile, PC, TV Etc.
 - Over exercise
 - Low blood sugar
 - Loneliness
 - Longer time use mobile phone.
 - Iron deficiency
- **SYMPTOM** - Headache, Irritation
- **SOLUTION** – FIRST AID: Drink water, eat sweet, drink ginger tea, Keep hot-cold pad on forehead, dim the light, drink coffee, try not to chew.
 - Drink 8 glass water/day
 - Improve D deficiency by taking sunlight 10-20 mins (7-8am or 5-6pm)
 - Improve B12 by eating fish, eggs, sprout pulses
 - Reduce TV, PC & mobile use, improve sitting position
 - Sleep 8-9 hours
 - Do Anulom Vilom (अनुलोम विलोम) regularly.
 - Change the thinking way; do not get triggered by any news. Always keep mind stable at any unpleasant situation.

- To reduce loneliness, get occupied in something you are interested like playing outdoor games or learning any musical instrument
- Headache can also be from mobile misuse so:
 - Don't talk on low battery
 - Don't charge phone near you
 - Pick up any phone call at a one hand distance and then bring it near your ears & talk
 - Even while calling keep it at a one hand distance till it rings and once connected bring it near your ears
- Soak 4 almonds & 1 walnuts overnight, in morning remove cover & mix it well on Chandan Board Pata. Take mixture with honey or alone.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.

