

Woman's World

God Bless America

A great week made easy!

More for your money!
\$1.79

Aug. 25, 2008

Easy insomnia solution!

Do this for 8 minutes a day and you'll sleep like a baby!

The belly fat cure!

Scientists reveal 6 proven tricks that make ab flab disappear!

So cute! So easy!



Corn-on-the-cob cupcakes!

No more headaches!

Cure a migraine—by eating a banana!

Save on groceries!

DINNERS UNDER 99¢!

Stress-free in 10 minutes!

Try the \$8 'miracle balls' that drain tension right out of your body!

Shortcut sweets!

Start with a mix... make all this!



Lose 7 lbs a week on

OPRAH'S 21-DAY DETOX!

- ✓ Lose 63% more weight than on other diets!
- ✓ Eat fill-you-up foods—and cut your appetite 25%!
- ✓ Lower your blood pressure and cancer risk!

Natural cures!

- ✓ Erase PMS by your next cycle!
- ✓ 'Fix' your eyesight—and throw away your reading glasses!
- ✓ Beat colds and flu—even bird flu!



You, headache free!

Sure, popping aspirin will do the trick for the occasional headache. But if you're gripped by head pain on a weekly or even daily basis—as 45 million Americans are—you need a better solution. Read on for study-proven strategies that can ease—and often eliminate—headaches!

PAIN TRIGGER: Too-tight neck and head muscles

SOLUTION Magnesium

If you're low on magnesium, neck and head muscles can't relax properly. No wonder as many as 50% of headache sufferers are low in this essential mineral! To correct shortfalls, simply eat more magnesium-rich foods like pumpkin seeds, bananas and avocados, and for added insurance, take a 400-mg. to 600-mg. supplement daily.

● **The proof:** In one recent study, raising magnesium levels reduced migraine and tension headache flare-ups in chronic sufferers by 42%.

● **Important:** Always check with your doctor before taking a new supplement.

PAIN TRIGGER: An out-of-whack body clock

SOLUTION Setting your alarm clock

According to the National Headache Foundation, 79% of headache-prone folks wake up hurting after staying up late or sleeping in. "Changing your normal sleep cycle alters brain function and reduces your pain threshold," says bioclock expert Michael Smolensky, Ph.D. So try to always go to bed and get up at the same time each day. And if you do fall asleep later—or earlier—than usual? Stick to your usual wake-up time!

● **The proof:** Johns Hopkins University research shows simply getting up at the same time every day can cut your risk of headaches by as much as 37%!

PAIN TRIGGER: Hormonal fluctuations

SOLUTION Making an ob/gyn appointment

You may need to switch contraceptives! Some women on the pill get monthly headaches due to the estrogen drop that occurs during the week they're off the pill. Other women report their headaches disappear when they take the pill because it steadies their hormone levels. "If you're not on the pill and your headaches are awful, give it a try," advises Mary Jane Minkin, M.D., a Yale professor of obstetrics and gynecology. "But if your head pain worsens on the pill, ask about skipping the placebo pills or switching contraceptives."

● **The proof:** Research suggests that re-jiggering your contraceptive method can cut hormone-triggered headaches by 30%.

PAIN TRIGGER: Grinding your teeth

SOLUTION A tiny mouth guard

Millions of Americans grind their teeth during sleep, a problem called bruxism, which can strain jaw muscles, triggering tension and migraine-type headache pain. Fortunately, the FDA recently approved the NTI Tension Suppression System—a small device that snaps over your two front teeth and prevents the jaw from clenching as you sleep.

● **The proof:** In trials, 82% of migraine patients had a 77% drop in headaches after using it. Ask your dentist if it's right for you.

Do you snore? It could be a sign of sleep apnea, a nighttime breathing problem that causes nasty morning headaches for 80% of sufferers. See your doctor if you sound like a chainsaw during sleep.



Getting up at the same time each day helps to keep headaches at bay.

PAIN TRIGGER: Your emotions

SOLUTION Phoning a friend

Doctors used to think stress was the top headache trigger, but St. Louis University researchers found that negative emotions—anger, frustration, sadness and the like—raise your headache risk just as much, if not more so! "These draining emotions cause chemical changes inside the brain," explains Jacob Teitelbaum, M.D., author of *Pain Free 1-2-3*. "And that raises your risk of a headache for several days." His advice: Soothe yourself by venting to a supportive friend, writing in a journal or immersing yourself in a relaxing hobby.

● **The proof:** Research suggests releasing intense emotions can cut your risk of headaches by as much as half!

PAIN TRIGGER: Medication interactions

SOLUTION Talking to a pharmacist

If you regularly take herbal supplements in addition to your migraine medications, that could be the reason your throbbing head pain is so persistent!

● **The proof:** A University of Utah study found that several of the most popular herbal remedies—including ginkgo, ginseng, valerian and St. John's wort—interact badly with migraine drugs. As a result, "they could be worsening, or even triggering, the migraines you're trying to avoid," says neurologist Diane S. Book, M.D., an associate at the Medical College of Wisconsin. Pharmacists can zero in on potential interactions and suggest alternatives, if need be—if you ask!

—Brenda Kearns

Sunlight may be the culprit!

As many as 36% of headaches are triggered—or intensified—by bright sunlight, which can cause squinting, eyestrain and/or pupils to constrict, all of which can produce headaches. Don sunglasses before you step outdoors to preempt discomfort. For the best protection: Choose lenses with an American National Standards Institute's (ANSI) stamp of approval and a tag promising at least 98% UV-A and UV-B protection.

Photos: Masterfile; Digital Vision Photography/Veer; Brian Leatart/Stockfood; Sergio Pitamitz/Photolibary; Shutterstock.com.

When should you see a doctor?

Consult an M.D. if you experience:

- ✓ Headaches that are increasing in pain or frequency
- ✓ Vision problems, numbness or weakness

Our expert: Philadelphia's Graduate Hospital

