

Title:

Caffeine: the culprit behind our migraines

Word Count:

548

Summary:

Coffee is one of the primary reason to trigger migraines

Keywords:

migraine remedies, causes of migraine, stress and anxiety, migraine headaches

Article Body:

Agnes, a 39 year old married woman have come to see a doctor and complained about recurring he

She blames her headaches from the stress and anxiety she was getting from home caring

Mr. Cooper on the other hand, had a history of migraines since he was a teenager. At 4

Migraine headache can be defined as a type of primary headache that some people get it

Not so many people know about it but caffeine is also a culprit in triggering migraine

#### CAUSES OF MIGRAINE

- 1 Stress is the number one source of tension headaches and can trigger a migraine. It ca
- 1 Certain foods like cheese, chocolates, sardines and dried meats. And fruits like pine
- 1 Smoke or exposure to smoke
- 1 Skipping meals
- 1 Allergic reaction
- 1 Alcohol

Another sign that you will be having a migraine is when you experience what is seems like ^aur

#### MIGRAINE REMEDIES

Your doctor can diagnose you properly and will take detailed history to make sure your

If taking drugs is not to your liking, another alternative is ^Feverfew~ which is a po

A hot bath will go a long way in relieving migraine headaches and so does walking in a

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