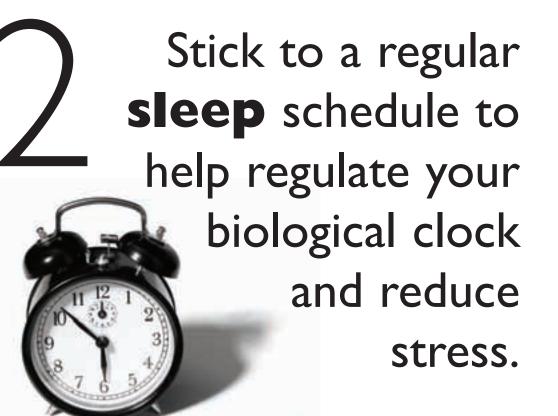
Don't skip meals: Blood sugar levels can drop and trigger a headache.



Stay **hydrated** by drinking plenty of water throughout the day.

If you suspect you may be grinding your teeth (**bruxism**), talk to your dentist.



Stop Headaches Before

TOP TEN



Limit chocolate,

They Start

Watch for dietary **triggers** such as cured meats, foods with MSG, red wine and foods fermented, pickled or marinated. citrus and ripened cheeses if you find that these cause headaches for you.

> Don't quit caffeine abruptly gradually ease off.

Take headache medicines as directed and avoid overuse. A Keep a **diary** of when your headaches hit and what you were eating or doing that day to avoid possible headache triggers in the future.

Reduce glare around computer screens and from windows.

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