

[IMAGE]

Vitamin D: Good for Migraines?

By Editorial Staff

Ever suffered a migraine? If you have, you know how much you'd like to avoid suffering another one. If you haven't, take it from the people who have: you don't want to experience one. Unlike the more common tension headache, which causes mild to moderate pain and little else, a migraine hits like a lightning strike, featuring intense, throbbing pain and accompanied by other symptoms that can include sensitivity to light or noise, nausea or vomiting, loss of appetite and/or stomach pain.

What's the No. 1 turn-to treatment option for migraine headaches? Unfortunately, it's the top go-to for people experiencing any type of headache: over-the-counter medication. But there's a natural, safer alternative, supported by recent research: vitamin D supplements.

Researchers performed a comprehensive review of the existing research to evaluate the effectiveness of vitamin D supplementation in treating migraine headaches. The review, published in *Neurology Sciences*, found that in a number of studies, vitamin D levels were "negatively correlated" with headache frequency; in other words, low vitamin D level: more frequent headaches, and vice versa. Overall, the studies revealed that anywhere from 45 percent to 100 percent of migraine / headache patients had vitamin D deficiency or insufficiency. The review authors concluded: "The present findings show that supplementation with this vitamin in a dose of 1000-4000 IU/d could reduce the frequency of attacks in migraineurs."

Do you know if you're getting enough vitamin D? Are you experiencing headaches, particularly migraines? It's time to talk to your doctor.

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