



How to

HYDRATE FOR MIGRAINE

THE MIGRAINE NATUROPATH
JOSIECARIN.COM

WHY THIS GUIDE?

Migraine is one of the **most common neurological disorders** found in women, affecting approximately 15% of Australian women. Migraine can severely impact a woman's quality of life – just when they need to be present for their careers, family and wanting to live their best life ever.

Medications only work for a little while, and then the migraine comes back. Or nothing works at all.

All the information out there on new medications, supplements and treatments can be confusing. Which means **we forget about some of the basic self-care practices which can have a very positive impact to prevent and reduce migraine**. Some of these things sound almost too simple, but...they can make a big difference.

Keeping hydrated is one of these simple but hugely effective things we can do.

Keep in mind that this hydration guide – while important – is just a drop in the ocean (sorry, couldn't help myself!) in terms of the many, many things you can do to prevent and manage migraine naturally.

I work with people everyday living with migraine to help identify what is driving their migraine and help them break out of the cycle. Let me help you too. Book your consultation online and get started today.

Josie Carin, MNHAA
The Migraine Naturopath
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“Migraine.
It's real. It's disabling.
It's so much more than
just a headache.
We live with it all the
time.

But there is a great deal
we can do to manage
migraine.
There is hope.

- JOSIE CARIN

HYDRATION GUIDE OUTLINE

1

ABOUT MIGRAINE

Why do we get migraine? And others don't? So what changes can cause a migraine?

2

WHY HYDRATION IS IMPORTANT

Understanding how proper hydration is key for migraine management.

3

ELECTROLYTES. CAUSE IT'S NOT JUST ABOUT WATER

What exactly are electrolytes, and how do we make sure we have enough?

4

PREVENTING DEHYDRATION

Everyday ways to keep your cells hydrated.

5

MANAGING A DEHYDRATION SITUATION

How to rehydrate.

6

TAKE CONTROL OF MIGRAINE

Other things you can do.

WHY DO WE GET MIGRAINE? AND OTHERS DON'T?

As migraine sufferers, we are different.

In fact, we are very special.

One of my favourite metaphors is of the "Ferrari" brain. Susan Hutchinson, MD, in her book "The Woman's Guide to Managing Migraine" explains that individuals who have migraine have **inherited a brain that tends to be sensitive to internal or external changes.**

Certain changes can set off a cascade of events that cause the migraine episode.

On the other hand, the brain of an individual who doesn't get migraine is kinda like a Toyota. They are less sensitive and require less maintenance.

So, the brain of someone who **suffers from migraines requires more attention to keep it in its high performance state** than does a less expensive car.

As migraine sufferers we need to **carefully maintain our bodies and brains, and use the right fuel**, to minimise problems and changes that can cause a migraine.

TIP

- It's time to think of your brain as a performance car!
- **I invite you to note down some ideas on how you can take care of yourself** - when it comes to health, it is OK to invest in your own maintenance.

NOTES

MIGRAINE SYMPTOMS

Each migraine is different. But there is a collection of common symptoms associated with migraine. You may get many of these symptoms, or maybe just a few. Perhaps you have other symptoms not on this list.

Take a moment to consider which of these symptoms come along with your migraines:

- A headache that often begins as a dull ache and grows into throbbing pain. It often gets worse during physical activity. The pain can shift from one side of the head to the other, can be in the front of the head, or feel like it's affecting your entire head.
- Sensitivity to light, noise, and smells
- Anxiety or depression
- Cravings
- Nausea and vomiting, upset stomach, and belly pain
- Loss of appetite or extreme hunger, food cravings
- Feeling very warm or cold
- Pale skin
- Fatigue
- Dizziness
- Blurred vision or droopy eyes
- Diarrhoea
- Feeling great the day before a migraine
- Feeling "washed out" the day after a migraine
- Stiff neck
- Mood swings
- Yawning

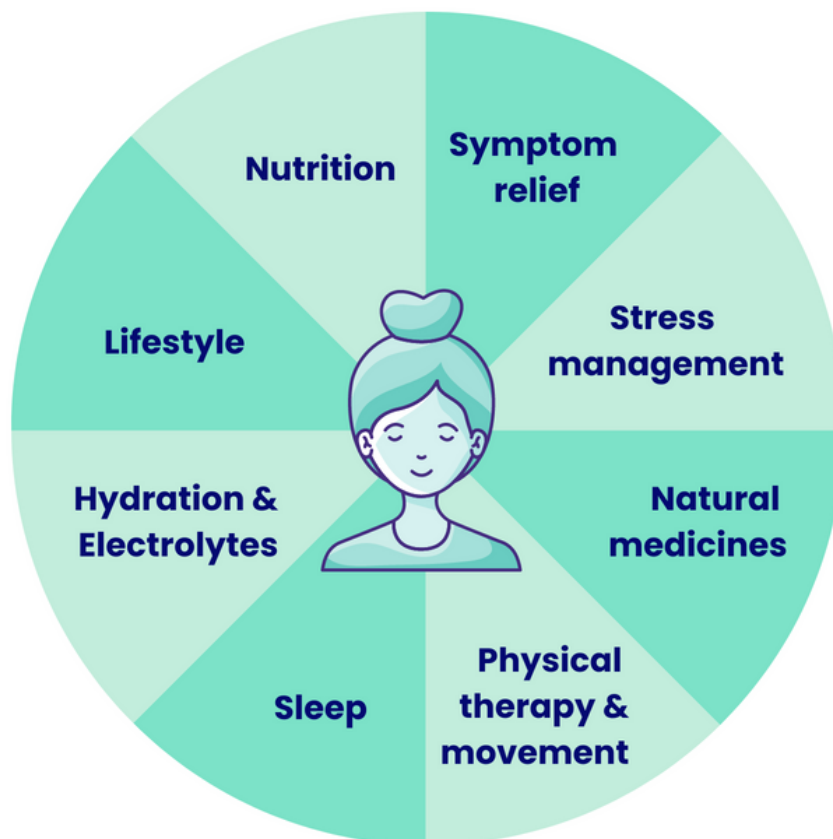
HYDRATION IS JUST ONE - BUT AN IMPORTANT - PART OF MIGRAINE SELF-CARE

At this point, it is important to remember that hydration alone is not likely to prevent all migraine attacks.

A holistic migraine treatment approach means that we need to manage migraine using a multi-faceted approach.

The Circle of Migraine Self-Care is a tool that I work through clients to make sure that we have all bases covered when it comes to reducing the frequency and severity of migraine flare-ups.

CIRCLE OF MIGRAINE SELF-CARE



JOSIE CARIN
THE MIGRAINE NATUROPATH
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THE IMPORTANCE OF HYDRATION

While dehydration is generally not the root cause of your migraine condition, we do know that being dehydrated can often cause a migraine attack or flare-up.

In fact, thanks to research, we know that for 17% to 33% of people with migraine, dehydration can be a migraine trigger. **Even mild dehydration can set off a migraine flare-up.**

Managing hydration well can make a difference in reducing the frequency and severity of migraine.

You don't have to feel thirsty to be dehydrated. What's more, **dehydration is not just about not enough water** – it also means a loss in electrolytes – those essential minerals and substances that work to keep our cells hydrated at just the right amount. (This is why electrolyte solutions are used to help rehydrate quickly, as the electrolytes help water get into our cells.)



UNDERSTANDING ELECTROLYTES

Hydration is absolutely key for migraine sufferers, because of our sensitive brains. Our cells require a balanced ratio of sodium, potassium and water for hydration, and also for brain cell voltage.

I recall one of the worst migraine attacks I ever suffered. During the night I had to get up and pee about twelve (!) times.

At this time, I was so low in electrolytes, particularly mineral salts, that my cells simply could not hold the water in. So while I was drinking plenty of water, it was simply being excreted straight away and not going to the cells where water was needed. My brain was dehydrated.

My story shows that dehydration isn't only about water.

In our body, water is mixed with substances such as ions (sodium, potassium) and glucose. These are also known as electrolytes.

It is important for our body to have the right balance between sodium and water.

If you don't have enough sodium, you won't retain water and may develop low blood pressure.

Too much sodium and you will retain fluid.

So, it's not just about how much water we drink, but also what's in it.

KEY TAKEAWAY

Sometimes drinking water alone isn't enough for migraine. Ensure that you are including electrolytes with some of your fluid intake on a daily basis.



NATURAL WAYS TO SUPPLY ELECTROLYTES

- Coconut water naturally contains essential minerals – but be sure to go for a low sugar version.
- Bone broth also naturally contains minerals and salts. Homemade is best, but you can also purchase good bone broths from the health food store. Add a little Celtic or Himalayan salt to taste.
- I do this everyday: Take a pinch or up to 1/8th teaspoon of Himalayan salt straight off the spoon followed by a big glass of water – first thing in the morning, last thing at night, and anytime you feel a migraine coming on.
- Milk is also an electrolyte drink (if you can tolerate it)
- A smoothie can also help supply electrolyte-rich foods and fluid

I'm not a fan of commercial electrolyte drinks – they generally contain too much sugar or nasty artificial sweeteners. However, they can be used as a last resort or when already dehydrated.

PREVENTING DEHYDRATION

So, how much water should you be drinking? The formula is to take your weight in kg divided by 0.024 = how many millilitres of water your body requires each day. **So, if you were to weigh 60kg, an ideal daily water intake for you is 2,500mL or 2.5L.** If your urine colour is mostly clear, then you are drinking enough water.

Start slow and increase your fluid intake gradually by adding a couple of cups of water or herbal teas to your routine, and building on this week to week.

A glass of coconut water a day on top of your usual fluid intake is also a good place to start.



TIPS TO INCREASE HYDRATION THROUGH THE DAY

Drink water instead of snacking

Upgrade your workout water with coconut water



Fill your commuter cup with water or coconut water, instead of tea or coffee, or dilute your tea and coffee with water



Keep a water bottle everywhere – the car, desk, bedroom, where you relax, even in the shower!

Make it a habit to drink water first thing in the morning – don't forget your pinch of salt on the tongue first!

Have a smoothie for breakfast



Use your phone reminders



FOODS AND DRINKS TO HYDRATE

Eat hydrating foods

- Fresh raw vegetables – such as cucumber, oranges, watermelon, strawberries, lettuce, celery and carrots
- Fresh fruit up to 2 or 3 serves a day
- Yoghurt or cottage cheese
- Broth and soups (watch the salt)

Drink

- Fresh water – trying adding watermelon, lime or mint if you are not a fan of pure water
- Herbal teas – ginger tea is especially good for migraine
- Coconut water

Avoid eating or drinking too much of the following

- Sugary foods and drinks
- Overly salty foods
- Alcohol
- Caffeinated drinks including coffee, black and green tea, energy drinks and cola – these can dehydrate

WHAT ABOUT COFFEE OR CAFFEINE? DOESN'T THAT HELP MIGRAINE?

Caffeine and migraine has a complicated relationship.

Coffee or caffeinated drinks such as cola can absolutely be used to stop a migraine attack.

BUT, it is most effective if you avoid caffeine, or have a low intake on most days. This stabilises your response to caffeine and avoids caffeine-related migraine attacks due to the caffeine - withdrawal cycle.

The bottom line is that caffeine to ward off a migraine generally works best in those who don't have a lot of caffeine every day. Aim for no more than 1 weak cup a day.

MANAGING A DEHYDRATION SITUATION

Sometimes, we will find ourselves in a situation where we are dehydrated, whether through sickness, heat or excessive sweating. If you find yourself mildly dehydrated (symptoms including feeling thirsty, tired and sluggish) then you can:

- Electrolyte solution – this may be a situation where you need to use a commercially prepared solution such as Hydralyte which has the correct balance of electrolytes to rehydrate quickly.
- Minimise physical activity
- Stay out of the sun

If you develop symptoms such as extreme thirst, confusion, disorientation, dizziness, fatigue, low blood pressure, very dark coloured urine, increased heart rate and low blood pressure, then it is time to seek immediate medical help.

WHAT ABOUT WHEN YOU ARE IN THE MIDDLE OF A MIGRAINE FLARE-UP?

When you are struggling with pain and nausea, it can be difficult to consume and keep down anything.

Sipping slowly on an electrolyte solution, coconut water or even ginger tea is helpful, and if you are showing any signs of severe dehydration, then do seek medical help or anti-nausea medication. Try pressing the spot between the base of your thumb and first finger – the acupuncture nausea spot.



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“If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.”

- DEEPAK CHOPRA

READY TO TAKE CONTROL OF MIGRAINE?

The advice in this guide really just scratches the surface.

Hydration is just one – of many, many health strategies – to help break out of the migraine cycle. **Managing migraine – even using natural approaches– can be complex and different for each sufferer.**

But, when you get it right and hit on your own personal formula to reduce migraine attacks and live a more pain-free, happier and full life – well – **the result is life-changing.**

The advice I provide to my private clients are the result of twenty years of formal study and clinical practice; along with my own personal experience of migraine.

You might think that naturopathy takes too much time or is expensive, but this is a good thing! By investing in your own health, on a mental and emotional level you are committing to finally making the changes required to feel amazing again.

This means breaking out of the migraine cycle so you can be there for family, work, friends and – very importantly – yourself.

Through Zoom consultations, I can help you:

- come up with natural, yet evidence-based treatment approaches to reduce the frequency & severity of migraine
- step-by-step written holistic treatment plan which is realistic and easy to follow
- make sure that we are minimising migraine flare-ups

If you are unsure if naturopathy is for you, book in for a free discovery call with me to chat through your situation.

BOOK NOW

DON'T JUST TAKE MY WORD FOR IT, HERE IS WHAT MY CLIENTS HAVE TO SAY

"I wish I'd seen Josie twenty years ago. After decades of migraine, I finally have a plan to deal with it naturally and I feel positive about the future"

— Sheryl, Brisbane

"It's been just one appointment and I've learned so much already! I feel that I finally understand my migraine and Josie was very kind, understanding and easy to talk to."

— Rachel, Sydney

"I am feeling more in control of my migraines than I ever have before. THANKYOU! My appointments with you have allowed me space and time to really examine my migraine patterns and why they occur and look at options with which to manage them. I'm so grateful for your expertise in this area."

— KB, South Coast

"Just touching base to let you know that despite the last few weeks being a little hectic with work and family and birthdays, I've seen some great improvements with my migraine attacks! I actually haven't had a full blown attack since we chatted I don't think!"

— Erin, Emerald Beach

"Before my first appointment I was getting a migraine every week. But now I haven't had a migraine in the last 3 months"

— Susan (Sydney)

"I've been feeling much better in terms of my migraines - wow thank you!"

— Tatum (Sydney)

The Important Stuff

DISCLAIMER

The content of this document and the www.josiecarin.com website and the Migraine Naturopath website and social media sites are for general information purposes only and not intended for diagnostic purposes or to replace advice from your primary health care professional. Readers should not begin any new program, or take any new supplements without first consulting with your primary health care professional.

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It is best not to start any new dietary eating plan or take any new supplements while pregnant. Wait until after your pregnancy and when finished breastfeeding before commencing anything new and get the advice of your primary health care professional first.



About Josie

I am an accredited, qualified naturopath with a special interest in migraine and headaches, women's health, anxiety, stress and low energy. I offer consultations by Zoom to clients from all around Australia.

Through my naturopathy practice and personal experience, I help people just like you take control of their health. I've been studying and working in natural health and therapies for almost 20 years.

Naturally, I have a pretty strong desire to use my experience and knowledge to empower others to be the most energetic, happy and vibrant version of themselves.

I am passionate about natural medicine as I truly believe the principles of holistic health is what keeps me happy and healthy – even while working as a busy practitioner and being a mum to a very active little boy. It is important to me to be able to provide alternatives to people who live with migraine, beyond medication.

Always interested in nutrition and natural medicine, I was able to really fine tune my knowledge in this area by completing the most rigorous naturopathic certification available at the time – the Advanced Diploma in Naturopathy, followed by a Bachelor of Health Science (Complementary Medicine). I have also completed Migraine Management for Practitioners through the University of Melbourne.

I am a professional full member of the Naturopaths and Herbalists Association of Australia, and an accredited practitioner member and fellow with the Australian Traditional Medicine Society.

As someone who lives with migraine, I get the struggle and my aim is to help women break free from the migraine cycle. Let me help you to overcome migraine too.

Book your appointment at josiecarin.com



HYDRATION CHECKLIST

- Work out how much water to drink
- Start day with a pinch of salt on the tongue and a big glass of water
- Eat plenty of hydrating foods
- Watch caffeine intake
- Easy on the sugar
- Hydrate when hot or exercising
- Keep coconut water handy





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