

Migraines are a complex neurological condition marked by intense headaches and symptoms like nausea, light and sound sensitivity, and visual disturbances. While the exact cause of migraines isn't fully understood, they're thought to stem from abnormal brain activity affecting nerve signals, brain chemicals, and blood vessels. In simpler terms - migraines can be thought of as the brain becoming "overloaded."

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## So, what is overloading your system?

Usually, it is a combination of factors that tip you over that threshold and into a headache. Identifying these factors or triggers is crucial for managing and preventing migraine episodes.



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## Common migraine triggers:

- 1. Head and Neck Tension:**

Tension in the upper neck can contribute to migraines. The upper cervical spine (C1-C3) shares nerve pathways with the trigeminal nuclei, which is involved in head and facial sensations. Irritation in this area can influence migraine development.
- 2. Poor posture:**

Poor posture or holding patterns can lead to muscle tension, particularly in the neck, potentially triggering migraines.
- 3. Diet:**

Certain foods and dietary habits can trigger migraines. Common dietary triggers include caffeine, alcohol, aged cheeses, and foods containing histamines or monosodium glutamate (MSG). Some individuals may also find that they have unidentified food sensitivities.
- 4. Lifestyle factors:**

Stress, lack of sleep, dehydration, hormonal factors and environmental factors can trigger migraines.

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## What now:

Understanding your unique migraine triggers is a key step toward effective management. At North Canberra Osteopathy, our migraine consultations involve an in-depth discussion to identify potential triggers and contributing factors. We conduct a comprehensive assessment to pinpoint any musculoskeletal influences and then develop a personalised treatment plan based on these findings.