Is the summer heat making your headache worse?

Simple ways to avoid summer headache

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pressure on nerves and causing pain in the form of headache. Drink water even when you are not thirsty. Do not wait until the throat is parched because that simply means you are already dehydrated. Remember, the brain is not only a fat organ in the body. It is also wet. It needs to stay wet and kept well hydrated.

Second, get at least seven to eight hours of sleep. Not getting adequate sleep will deprive your brain from its much needed time to rest and repair. This will also trigger the release of chemicals that trigger inflammation and pain. Thus,

Third, you might be consuming a considerable amount of nitrates in your diet. Nitrates naturally occur in plant food like spinach and beetroot. These do not cause headache as the nitrates get converted to nitric oxide «ºêºκđđÏêAE đÌº Ìº◙Ąđ ◙ê³ ºááĈ Ïê đÌº

Studies have shown that low magnesium level in the body is associated with migraine.