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TOP Sante

HEALTH, BEAUTY & WELLBEING

MIND YOUR HEAD Migraine isn't just painful, it's also linked to an increased risk of brain damage. These severe headaches can actually cause permanent lesions in the brain. Unfortunately, we're twice as likely to suffer as men but it's possible to control the attacks.

3 WAYS YOU CAN MANAGE MIGRAINE

1 Drugs – these include over-the-counter products, triptans and beta-blockers, which are prescribed by your GP.



2 Herbal remedies – taking feverfew or rubbing Arkopharma's Migrastick, £4.20, (left) on your temples and neck can help. It contains a blend of lavender and peppermint oils.

3 Relaxation techniques – some sufferers have reported an improvement after trying yoga, having reflexology or going for regular walks.