

## Safe pregnancy headache remedies

One of the hardest things a woman goes through while pregnant is pain. Safe pregnancy headache remedies are here, however. Don't suffer needlessly.

The number and types of pregnancy headaches vary between moms. So does the level of pain expecting moms will endure. Some women are stoic while others are wimps.

I was a wimp.

My safe pregnancy headache remedies were vetted with my doctor, but sticking to natural medicines are usually safe enough for you to make the judgement call on your own. Nonetheless, do your research and make sure you're reading labels carefully.

Headaches are something that can put us in our beds no matter who we are. Knowing the tricks to help pregnant moms cope with headaches can be a valuable asset.

## Identify the triggers for pregnancy headaches

One thing that can make the biggest difference when it comes to pregnancy headaches is determining if there are any noticeable triggers. There are some additives that can increase chances of getting headaches. For example, diet, drinks and some types of exercise will likely be the cause of your pregnancy headaches. Keeping a diary can help you discover the cause of headaches before turning to pregnancy headache remedies. Here were the triggers I identified:

- MSG or monosodium glutamate
- Nitrites
- Nitrates
- Artificial sweeteners
- Fermented foods

These are not the only ingredients that can increase chances of headaches during pregnancy, however. The most common types of foods which cause pregnancy headaches, [according to AmericanPregnancy.org](https://www.AmericanPregnancy.org) are as follows:

- Chocolate
- Alcohol
- Yogurt
- Aged cheese
- Peanuts

- Breads with fresh yeast
- Preserved meats
- Sour cream

Mine were smoked fish, chocolate, pickled items, buttercream, sour cream, beans and nuts. (Yeah, that ruled out everything but pizza and burgers!)



Triggers that are not food would be things like excessive heat, strong odors, flickering lights, or loud sounds. There are a number of things that can be triggers. You may not even realize what your trigger is. Your headache diary can help. Note each time you get a headache, and how you're feeling and what is going on in your day. You might find a pattern that you didn't know was there.

## Relief options for pregnancy headaches

There are several options that a person has when searching for relief to those horrible headaches. The first option is to take a look at your lifestyle. How we live our lives and the habits we form during pregnancy can make a big difference in the pregnancy headaches. **For example, it is important to drink plenty of water, and get plenty of sleep.** These would be common to most people, but keeping a predictable schedule on the times that you eat can also be of importance. Learning some basic relaxation techniques or getting a massage can help a lot, too.



As with most medical issues there are pharmaceuticals that you and your doctor can look into. However, during pregnancy these medication can become more dangerous than when you are not pregnant.

Taking a shower or using a compress can help to reduce the pain of the headache. Sometimes, taking a cold shower, splashing some cold water on your face, or using a cold compress will help reduce the pain at the base of your skull. In the same sense it could be sensible to take a warm shower or bath to help relax the muscles within your body.

If you want to reduce either the intensity or the frequency in which you have headaches, **exercise can help.**

**It is important that you understand not to overdo it when exercising as this might trigger a headache.**

Whenever you have a headache that you are unable to control, contact your doctor immediately. Avoiding headache triggers can help you avoid having the headaches in the first place, but when they do come on it is worthwhile trying the below ideas recommended by [MayoClinic.org](https://www.mayoclinic.org):

- **Cool Compress.** Lie down and place a cool compress on your head.
- **Avoid headache triggers.** If certain foods or odors seem to have triggered your migraines in the past, avoid them. A headache diary might help you identify triggers.
- **Include physical activity in your daily routine.** Try a daily walk or other moderate aerobic exercise.

- **Manage stress.** Find healthy ways to cope with the stressors, such as delegating tasks on your to-do list.
- **Practice relaxation techniques.** Try deep breathing, yoga, massage and visualization.
- **Eat regularly.** Eating regularly scheduled meals and maintaining a healthy diet might help prevent headaches. Also, drink plenty of fluids.
- **Follow a regular sleep schedule.** Sleep deprivation might contribute to headaches during pregnancy.
- **Consider biofeedback.** With this mind-body technique, you learn to control certain bodily functions — such as muscle tension, heart rate and blood pressure — to prevent headaches or reduce headache pain. If you'd like to try biofeedback to treat headaches during pregnancy, ask your health care provider for a referral to a biofeedback therapist.

## When to worry about pregnancy pain