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Thread: [How to treat brainache](#)

segudy - August 30, 2023, 4:04 pm

Here are some steps you can consider for treating a headache:

Rest in a Quiet, Dark Room: Find a comfortable and quiet space to relax. Dim the lights or close the curtains to reduce any potential triggers.

Stay Hydrated: Dehydration can sometimes contribute to headaches. Drink plenty of water throughout the day.

Over-the-Counter Pain Relievers: Non-prescription pain relievers like acetaminophen (Tylenol), ibuprofen (Advil), or aspirin can help alleviate mild to moderate headaches. Follow the recommended dosage and usage instructions.

Apply Cold or Warm Compress: Applying a cold or warm compress to your forehead or the back of your neck can provide relief. Experiment with both to see which works better for you.

Massage: Gently massaging your temples, neck, and shoulders can help ease tension and promote relaxation.

Practice Relaxation Techniques: Deep breathing, meditation, and progressive muscle relaxation can help reduce stress and tension that may contribute to headaches.

Caffeine: In some cases, a small amount of caffeine (e.g., a cup of coffee or tea) can help relieve certain types of headaches.

Avoid Triggers: Certain foods, drinks, strong smells, bright lights, and loud noises can trigger headaches. Identify and avoid your personal triggers.

Maintain Regular Sleep Patterns: Lack of sleep or irregular sleep patterns can lead to headaches. Prioritize consistent and adequate sleep.

Consider Herbal Remedies: Some people find relief from headaches using herbal remedies like peppermint oil or lavender oil. Consult with a healthcare professional before trying any herbal remedies.

Stay Active: Gentle exercise or going for a walk might help alleviate headaches by improving blood circulation and reducing tension.

Manage Stress: Stress is a common trigger for headaches. Practice stress-management techniques such as yoga, mindfulness, or engaging in hobbies you enjoy.

Syndicate - August 31, 2023, 1:45 am

Another thing that I saw on Tiktok is to submerge your feet into hot water (literally as hot as you can handle) for about 5-10 minutes and it should relieve your headache pain. I haven't tried this yet though but I want to soon. I get migranes/headaches pretty often.

Komodo - October 8, 2023, 7:41 pm

Want another awesome way?

The good ol' Sphenopalatine ganglion block (I totally didn't have to google this to figure out how to spell it).

Basically you take a viscous lidocaine and put it on the end of some cotton swabs. Shove those as far down both nostrils as you can until you meet significant resistance. Let them sit there for about 10 minutes to ensure the block works.

Blocks those pain signals, really cool headache / migraine formula.