

HOW TO GET RID OF A HEADACHE FAST

DRINK A GLASS OF WATER.

Dehydration is one of the leading causes of a common headache.

GENTLY MASSAGE your head, temples, neck and shoulders. This will release tension and encourage your body to relax.

TAKE A HOT SHOWER OR BATH.

The full-body warmth can initiate your relaxation response and reduce tension quickly, easing symptoms from a throbbing headache.

LAY IN A QUIET, DARKENED ROOM with a soothing, cool towel covering your eyes.

Sleep-deprivation is a common instigator for pesky headaches. The sweet spot for optimal nightly rest is seven to nine hours. A cold compress also reduces inflammation and constricts blood vessels, reducing pain from headaches. Some experts recommend applying a cold compress on the front of your neck (specifically on your carotid arteries) to ease headache pain. Conversely, if a hot compress sounds more appealing, give that a try. Finally, the lack of stimulation (i.e., darkening your space) can ease the side effects of light-sensitivity.

AVOID FOODS WITH HISTAMINE, as they can cause an immune response that leads to headaches.

These foods include aged cheese, fermented food, alcohol, smoked fish and more.

EAT REGULARLY. Undernourishment and infrequent eating can leave your body fighting to find a balance, which can cause headaches. Make sure to eat every couple of hours.

CONSIDER CAFFEINE. If you make a drastic change in your caffeine consumption, it can lead to a headache. However, consuming small amounts of caffeine can actually help manage headache symptoms because caffeine narrows blood vessels and can help relieve headache pain.

TALK TO YOUR PHYSICIAN about possible teeth grinding. The jaw tension from teeth grinding can create a storm of a headache. If your dentist has broached the topic with you about nightly teeth grinding, discuss this possible cause with your physician if you get frequent headaches.

OVER-THE-COUNTER MEDICATIONS

are always on the table and include pain-relievers like Acetaminophen (Tylenol), Ibuprofen (Advil, Advil Migraine, Motrin), Naproxen (Aleve) and Aspirin.

Some aim to prevent headaches with regular physical activity; supplements, like different vitamins and minerals; relaxation methods, like stress-easing essential oils or breathing exercises; and more.

Periodic headaches are considered normal and can usually be attributed to some aspect of our lifestyles. Talk to your primary care physician if you begin to notice a pattern in your headaches or if they begin to disrupt normal activities. Seek emergency care if you experience:

- A severe, sudden headache
- Headache after a head injury or fall
- Fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- Pain that worsens despite treatment

⁶ Tips for Headache Relief," mayoclinichealthsystem.org, Nov. 10, 2022.

¹⁸ Remedies to Get Rid of Headaches Naturally," healthline.com, March 8, 2023.

¹¹ Unexpected Ways You Can Relieve Headaches," huffpost.com, Nicole Pajer, April 12, 2019.

A Self-Care Routine for Summer Serenity

Summer is here, bursting with sunshine, vacations, and barbecues! But amidst the fun, it's easy to let self-care fall by the wayside. Here are some simple ways to prioritize your wellbeing all summer long – so you can enjoy those other activities even more!

Schedule "me time." Block dedicated time on your calendar for activities that nourish your mind and body. Whether it's reading a book in the hammock, taking a relaxing bath, or enjoying a quiet walk in nature, carve out space for yourself to recharge.

Move your body. Find ways to incorporate movement you enjoy into your summer routine as often as you can. Go for a swim, take a dance class outdoors, or dust off your bike for a scenic ride.

Fuel your energy naturally. Enjoy seasonal fruits and vegetables, stay hydrated with refreshing water, and limit sugary drinks that can leave you feeling sluggish.

Mind your sleep. Even with longer daylight hours, prioritize quality sleep. Stick to a consistent sleep schedule, create a relaxing bedtime routine, and ensure your bedroom is cool and dark.

Unplug and disconnect. Set boundaries around technology. Silence notifications during meals and take breaks from social media throughout the day.

Say no (graciously). Don't overload your schedule! It's okay to decline invitations – because too many engagements can drain your energy. Prioritize activities that bring you the most joy and a sense of balance.

By incorporating these simple practices, you can create a summer self-care routine that allows you to embrace the season while taking care of yourself. Remember, a happy and healthy you is the foundation for a truly fulfilling summer.

Fresh Bruschetta Grilled Chicken

Prep Time: 20 minutes Cook Time: 30 minutes
Total Time: 50 minutes Serves: 4

Ingredients

- 4 tablespoons extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 teaspoon Italian seasoning or dried oregano
- 4 boneless skinless chicken breasts, pounded to even thickness
- 3 large slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 tablespoon freshly chopped basil
- 4 slices mozzarella
- Balsamic glaze, for serving
- Fresh basil, for serving



Instructions

1. In a small bowl, combine the oil, half of the lemon juice, 1 teaspoon of salt, ¼ teaspoon of pepper and Italian seasoning. Whisk to combine all ingredients. Transfer the combination to a large, resealable bag along with the chicken; seal and refrigerate for a minimum of 30 minutes.
2. Heat your grill to medium-high and add the chicken, discarding extra marinade. Grill the chicken until it's cooked to an internal temperature of 155°F to 160°F – about 5 to 7 minutes per side.
3. Meanwhile, combine the tomatoes, garlic, basil and remaining lemon juice, and season the mixture with salt and pepper. While the chicken is on the grill, top each breast with one slice of mozzarella and cover until the cheese is melted – about 2 to 3 minutes.
4. Top the chicken with your tomato mixture and garnish it with balsamic glaze and fresh basil, if desired, before serving.

Nutrition Info

Calories per serving: 563, Total fat: 28 g, Saturated fat: 7 g, Sodium: 990 mg, Total Carbohydrate: 5 g, Dietary fiber: 2 g, Sugar: 3 g, Protein: 69 g

Recipe adapted from: delish.com