

The Block Center
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Headache and Fatigue Tips

1. **Magnesium can help migraines and fatigue.** Giving a single magnesium injection can stop a migraine and energize the person almost immediately. Sometimes oral magnesium will work too.
2. **Gentle osteopathic manipulation can help stop a migraine.** An Osteopathic physician who is specially trained in the gentle, subtle forms of manipulation can be a great help treating migraines.
3. **Fatigue can be caused from undiagnosed Hypothyroidism.** If the doctor uses only the TSH to test to for thyroid problems the correct diagnosis can be missed.
4. **Allergies can cause fatigue and headaches.** Something you touch, taste or smell could be causing your fatigue or your headaches.
5. **Nutrients can help prevent fatigue and headaches.** All of our bio-chemical processes need certain vitamins and minerals to work properly. If we don't have those vitamins and minerals available, the body cannot do what it should.
6. **A headache can be a sign of something serious.** A new onset headache should be evaluated to rule out anything serious like a brain tumor.
7. **High blood pressure can be the cause of headaches.** Ironically, high blood pressure can cause headaches but blood pressure medication can cause fatigue.
8. **Hormone imbalances can cause headaches and fatigue.** Evaluating and balancing hormones should play an important role in the evaluation and treatment of headaches and fatigue.
9. **Sugar can also cause headaches and fatigue.** Eating too many carbohydrates like sugar, can cause a reactive hypoglycemia or low blood sugar. Adrenalin release follows which can make you tired and cause headaches in some.
10. **Afternoon fatigue may be from Hypothyroidism.** If you feel tired every day around 2:00 – 4:00, it may be caused from a low thyroid.