

SEASONAL HEADACHES & MIGRAINES



Seasonal Headaches are a common condition that affect many people.

The onset changing seasons can be a nightmare for those who suffer from migraines. This is because many people experience a change in their sleep cycles, diet, and exercise routine due to the change in seasons.

There are a few different ways to help alleviate these headaches. The most important thing is to pay attention to your diet and exercise habits. It is also important to make sure you are getting enough sleep and that your sleep cycles don't change too much during the year.

Diet is one of the most important factors in maintaining a healthy lifestyle. Sometimes when the seasons change so does our diet, this can include eating too much of a particular food group or something that we may be allergic to. Drinking less water can also be a factor.



Exercise is a great way to boost mood and increase serotonin levels in the brain. Exercise also helps people focus and clear their head. Exercise can be used in the treatment of several pain conditions, including headaches & migraines. Always consult with your healthcare provider first.



The cold weather and shorter days can have a negative impact on our sleep patterns. The lack of sunlight in winter can affect our circadian rhythm, which is what regulates our sleep-wake cycle. Keeping a consistent sleep cycle can improve your health in many ways.



HEALTHWISE MEDICAL CLINIC

HANFORD

740 N. Irwin St.
Hanford, CA 93230
559.272.9551

VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

www.healthwise.clinic

PORTERVILLE

99 W Putnam Ave
Porterville, 93257 CA
559.272.9544