

# Migraine non-drug therapy

## Relaxation techniques



Relaxation training teaches techniques (deep breathing, meditation, progressive muscle relaxation, etc.) on how to quickly feel calm and relaxed both in your body and mind.

## Biofeedback



Sensors connected to your body gather information about your body's responses to stress; this feedback can help you figure out how to consciously calm yourself down, bringing both your body and mind back to a peaceful state.

## Cognitive behavioral therapy



A type of talk therapy with a goal of changing your thinking and behavioral patterns by using problem-solving skills to deal with difficult situations.

## Natural products\*



- riboflavin
- coenzyme Q10
- magnesium
- butterbur root extract
- feverfew

**\*Talk to your pharmacist before taking these products.**

## Acupuncture



An acupuncturist will put needles in different spots, such as on your head and neck; these needles help to relax your body.

## Non-invasive neuromodulation



The device sends gentle electrical signals to areas of the body to help control migraine symptoms.



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