

Greg Arnold, DC, MSHAPI 1745 Express Drive North Hauppauge, NY 11788 631-352-7654 www.PitchingDoc.com



Yoga for Migraines: WHY It Works

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Migraines. They're terrible.

Yoga. It's excellent.

 The New York Times
 https://nytl.ms/2L7P80w

 Yoga May Help Ease Migraines

 Migraine sufferers who learned yoga, in addition to their standard medications, had fewer and less intense headaches.

Nice to know 1 can help the other:

<u>A May 6th article in the NY Times</u> showed that those doing yoga in 1-hour sessions 3 days per week:

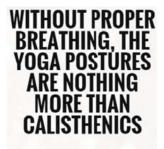
By Nicholas Bakalar

"...tended to get significantly fewer headaches, had less intense headaches, and consumed fewer pills, even though the average headache frequency was higher in the yoga group at the start of the study."

BUT WHY DOES YOGA WORK?

Yoga helps increas flexiblity which can help decrease tension in the body. What makes yoga BETTER than simple stretching is its' focus on breathing correctly, also called "diaphragmatic breathing". Shown to help control blood pressure, help patients with asthma, and decrease cell damage, proper breathing is a crucial component to improving health:





RACHEL SCHAEFFER

The technique you can use to learn how to breathe correctly is called "crocodile breathing". It's a simple exercise you can do each day to improve your breathing - <u>https://www.youtube.com/watch?v=AeqR_Dne9w0</u>

Learn how to breathe. Your mind will thank you for it.

Stay well! - Dr. Anold