

Yoga for Migraines: WHY It Works

May 14, 2020

Migraines. They're terrible.

Yoga. It's excellent.

Nice to know 1 can help the other:

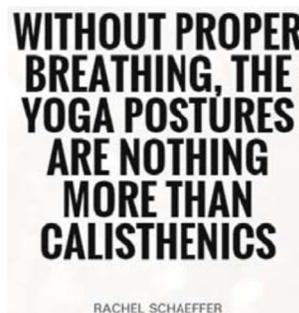


[A May 6th article in the NY Times](#) showed that those doing yoga in 1-hour sessions 3 days per week:

“...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 increase flexibility 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:



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 - https://www.youtube.com/watch?v=AeqR_Dne9w0

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

Stay well! - Dr. Arnold