Exercise for Migraine Reduction

Massage therapy has already been shown to help reduce migraines—but if you're stuck with the pain of a migraine and can't get to your therapist quickly, exercise might be the key to unlocking migraine headache recovery.

A new study shows a specific exercise program decreased the frequency of migraine headaches and improved quality of life. The study was published in Headache: The Journal of Head and Face Pain.

The program was based on indoor cycling for continuous aerobic exercise, and it was designed to improve maximal oxygen uptake without worsening the patients' migraines. During the last month of treatment, there was a significant decrease in the number of migraine attacks, the number of days with migraine per month, headache intensity and amount of headache medication used.

"While the optimal amount of exercise for patients with migraine remains unknown, our evaluated program can now be tested further and compared to pharmacological and non-pharmacological treatments to see if exercise can prevent migraine," says Dr. Emma Varkey, co-author of the study.

So along with massage therapy, dark, quiet rooms, cold washcloths and medication, add cycling to the list of proven migraine alleviators.

Research: Olive Oil Helps Prevent Breast Cancer

New research published in the open access journal BMC Cancer sheds more light on the suspected association between olive oil-rich Mediterranean diets and reductions in breast-cancer risk.

Researchers in Spain set out to investigate which parts of olive oil were most active against cancer, and found "all the major complex phenols present in extra-virgin olive oil drastically suppress over-expression of the cancer gene HER2 in human breast cancer cells."

Extra-virgin olive oil is the oil that results from pressing olives without the use of heat or chemical treatments. It contains phytochemicals that are otherwise lost in the refining process.
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