



# Family Medicine *of Michigan*

## Migraine Headache Alternative Therapies

<b>Acupuncture</b>	6-15 sessions	Effective as prophylaxis (A)
<b>Biofeedback</b>	3-24 sessions	Effective but rarely used (A)
<b>Botox</b>	1-3 cycles	Effective for chronic migraine (A)
<b>Butterbur safety (A)</b>	50-75 mg bid	Effective but questions regarding
<b>Behavioral Therapy</b>	6-12 weekly sessions	Probably effective and safe (B)
<b>Feverfew</b>	8.25 mg tid	Probably effective; contraindicated pregnancy (B)
<b>Magnesium</b>	400 mg/day	Probably effective (B)
<b>Physical Activity</b>	40 min 3 x wk	Effective to lower frequency (B)
<b>Riboflavin (B2)</b>	400 mg/day	Probably effective if used 3 months+ (B)
<b>CoQ10</b>	150-300 mg/day	Possibly effective (C)
<b>Meditation</b>	Daily	Likely effective (C)
<b>TENS device</b>	20 min/day	Appears effective for prophylaxis (C)
<b>TMS*</b>	Onset of aura	Effective at onset (C)
<b>Dietary</b>	Ongoing	Look for triggering agents
<b>Yoga</b>	Inconclusive	

\*transcranial magnetic stimulator