

Headaches

Some primary headaches can be triggered by lifestyle factors or situations, including:



Alcohol, particularly red wine.



Certain foods, such as processed meats that contain nitrates.



Consuming nicotine.



Changes in sleep or lack of sleep.



Poor posture.



Physical activity, such as exercise.



Skipped meals.



Coughing, sneezing, blowing your nose, straining or laughing or crying vigorously.

The Headache Prevention And Treatment For All Types Of Headaches

Percy Brazil and William H. Green



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