

What Is The Connection Between Headache And Depression?

One client joked to me. "I do not remember whether I have a migraine headache because of depression or I was depressed about my migraine headache"

It doesn't matter if it is a joke or not. Depression and headaches are always interlinked .

When you first get the pain one tend to say of course she is depressed because she is in pain. But it is not the only reason.

One recent study showed that 67% of people who suffer from chronic depression (depression lasting longer than six months and generally not attributed to any one depressive episode, e.g., death of a loved one) also suffer from migraine headache.

This number is too high to be ignored. Keep in mind that this study was evaluating chronic depression, not migraine headache.

Another research shows that 40% of people who suffer from chronic depression also suffer from chronic pain like back pain or head ache. Does that mean depression causes migraines?

Moreover, this same study reported that for those who experienced pain with depression, the depression lasted an average of six months longer than with those who did not experience pain.

Depression is 4 times higher in women than men. But other experts do believe that many people report tension headache symptoms but this is actually the symptoms of depression.

Still it is not clear whether [depression causes headache or headache causes depression](#). But they both share the same platform.

Report shows that treating one condition with medication for the other did show some promise. But both conditions involve serotonin receptors and transporters.

Here is where Soapbox and preach are used. Mostly medications used for headache and migraine can be trial and error method. So one should be careful about the treatment.

Medications for migraine can cause life-threatening condition known as serotonin syndrome. Even FDA has warned about combining certain migraine medicines and antidepressants.

I highly recommend that you talk to a professional about your symptoms if you are suffering from chronic headache and/or chronic depression but don't be afraid to ask for natural treatment options.

The natural exercises in the program are very effective and with proven results. I highly recommend you to use my migrai9ne and headache program. This is if you suffer from migraine headaches.

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About the Author

Christian Goodman is a best known health researcher and the author of several revolutionary natural health alternative methods. One of his best popular breakthroughs is his natural [migraine headache treatment](#). You can learn more about Christian on his [natural health alternatives](#) blog.

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