

PAIN COOL

Price	Rs 350.00
External URL	http://www.spekafpharmaceuticals.com
Keywords	no chinta no fikar, a complete headache solution full relief from migraine
Hits	305
URL	https://www.ibizexpert.com/products/detail/pain-cool-187

Pain Cool is a proven way to both treat and prevents migraines. It's also important to take good care of yourself and understand how to cope with migraine pain when it strikes. The same lifestyle choices that promote overall good health can also reduce the frequency and severity of your migraines. Pain Cool the most effective way to handle migraines.

At the first signal of a migraine, take a break and step away from whatever you're doing if possible.

- Turn off the lights.
- Sleep well (Establish regular sleep hours)
- Eat wisely
- Your eating habits can affect your migraines. Consider the basics:
 - Don't skip meals, Eat at about the same time every day.
 - Avoid foods when attack migraines.
 - Manage stress
 - Stress and migraines often go hand in hand. You can't avoid daily stress, but you can keep it under control to help manage your migraines.
 - Simplify your life, don't pressure more activities.

SUPPLIER

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