



## Is Your Diet Causing Headaches?



Headaches can have various triggers, and your diet might be one of them. Certain foods and drinks can contribute to the onset of headaches or migraines. Aged cheeses, processed meats, and foods high in MSG (monosodium glutamate) may be common culprits.

Skipping meals or experiencing dehydration can also lead to

headaches. Additionally, foods containing tyramine, a naturally occurring compound found in aged or fermented products, can trigger migraines in some individuals. Chocolate, citrus fruits, and alcohol, particularly red wine, are other potential triggers to be aware of.

If you suspect your diet is causing headaches, try keeping a food diary to identify potential triggers. Record not only what you eat but also the timing of your meals and any headache symptoms that follow. Eliminating problematic foods and staying hydrated may help reduce the frequency and severity of your headaches.

## 5 Life-Changing Effects of a Daily 10-Minute Walk

Incorporating a 10-minute walk into your daily routine can profoundly impact your overall well-being.

First, regular walking promotes cardiovascular health by lowering blood pressure and reducing the risk of heart disease.

Second, it aids in weight management by burning calories and boosting metabolism.

Third, walking releases endorphins, improving mood and alleviating symptoms of depression and anxiety.

Fourth, it strengthens bones and muscles, increasing mobility and reducing the risk of osteoporosis.

Finally, daily walks can enhance cognitive function, focus, and creativity by increasing blood flow and oxygen to the brain.

Even a modest 10-minute stroll can yield substantial benefits, making it an accessible and low-impact form of exercise for people of all ages and fitness levels.



## 4 Ways to Eat Healthy While Away From Home



Sticking to healthy eating habits can be challenging when you're away from home. However, with a little planning, it's possible to maintain a nutritious diet on the road. Here are four tips to help you eat well while traveling:

**Pack Snacks:** Carry portable, nutrient-dense snacks like nuts, fresh fruit, veggie sticks, and protein bars to stave off hunger and avoid impulse buys.

**Choose Wisely:** When dining out, look for meals with lean proteins, vegetables, and whole grains. Limit fried foods, sugary drinks, and large portions.

**Stay Hydrated:** Drink plenty of water to support digestion and curb unnecessary snacking. Avoid excessive alcohol, which can lead to poor food choices.

**Make Smart Swaps:** Request substitutions like whole wheat bread instead of white, side salads over fries, and dressings/sauces on the side for portion control.

With a bit of mindfulness, you can absolutely stick to your healthy eating goals, even when your routine is disrupted by travel.