“I think it really starts off with finding a provider who's managing migraine from a mainstream therapy standpoint and an integrative medicine therapy standpoint, and really learning about the evidence from the provider first ...”

“It's really important [for the provider] to have an understanding of why [the patient] wants to have an approach, so that you can have this back-and-forth conversation that's helpful for both people, both for the provider and the patient.”

Research different complementary approaches and discuss these options with your provider before incorporating them into your treatment plan.

Refer to the many resources on the American Headache Society website and in the Headache journal for more information on how to get started with integrative medicine.

Find a provider who's open to exploring both mainstream and integrative therapies.

When implementing a new integrative treatment, give the treatment some time before moving on to a different approach.