

# Common Causes Of Lactation Headaches And Their Remedies



## Causes

Migraine



Postpartum depression



Dehydration



Mastitis

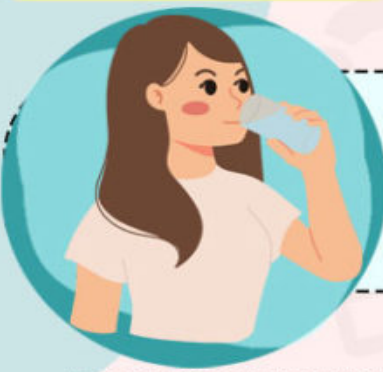


Fatigue



## Remedies

Having enough water



Bathing with warm water



Head massage



Getting enough sleep



Eating foods rich in riboflavin

