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ThinkSmart:
**Money-saving
travel advice**

How you can
avoid holiday
headaches

The secrets
(and dangers)
of younger-
looking skin



Regifting is a practice as old as ... well, check out the timeline on page 6. And it's an art sure to survive into the future, as Katee Sackhoff, left, and Jamie Bamber of Sci-Fi Channel's *Battlestar Galactica* can attest.

Regifting. It's universal.

Everybody does it. Our surprising survey proves it. Read our do's and don'ts *before* you finish your holiday shopping.

It's true: Holidays are a headache

BY SUSAN T. LENNON

HOLIDAY CHEER can mean holiday hell for America's 28 million migraine sufferers. "Headaches tend to get worse this time of year because exposure to a number of important triggers increases," says Richard Lipton, M.D., director of the Montefiore Medical Center's headache unit in New York. He suggests keeping a headache diary. Knowing how your body reacts to triggers and minimizing exposure to them can help you avoid attacks. Watch out for these five:

→ 5 migraine triggers

■ **Alcohol.** Abstain if you're sensitive, but if you choose not to, drink moderately and stick with clear, not colored, spirits. Vodka and gin spark fewer headaches than scotch or bourbon, and white wine is better than red. Alcohol dehydrates — that's another trigger — so match each cocktail with at least one glass of water.

■ **Stress.** Holidays can bring social pressure, family friction and angst. For some, acute stress sparks migraines, but the "letdown" headache — when you're relaxing later — is more common. The best antidote? "Plan for and anticipate problems before they come up," Lipton says. "Allow yourself extra time, have realistic expectations about how much you're going to get done, and practice relaxation techniques 10 minutes a day." Meditation and yoga, practiced consistently, can change brain chemistry and your body's reaction to stress, helping to prevent migraines.

■ **Changes in routine.** Strive to be consistent with your sleeping and eating habits during the holiday season, Lipton says: "Don't miss meals."

■ **Foods.** Dietary triggers include chocolate, cheese, processed meats and MSG. Avoid them if you're vulnerable.

■ **Travel.** If the holidays take you on the road, Lipton encourages plenty of rest, hydration and healthful eating. **W**