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Headaches: What non-drug options are there?



This information is no longer available because the research analysis that it is based on is out-of-date. We will publish information on any new findings as soon as they become available.

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This research summary was based on an analysis of scientific studies (a “systematic review”) that is no longer up-to-date. As soon as a new review of the current scientific knowledge on this topic is published, we will summarise the findings here.

You may also be interested in our information on migraines, which you will find here (URL: <http://www.gesundheitsinformation.de/migraines.583.56.en.html>)

If you would like to be informed when we publish new or updated information, you can subscribe to our newsletter here (URL: <http://www.gesundheitsinformation.de/index.69.en.html>) .

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Sources

(URL: <http://www.informedhealthonline.org/#>)

The German Institute for Quality and Efficiency in Health Care (IQWiG)

The German Institute for Quality and Efficiency in Health Care (IQWiG) was established by legislation to provide evaluations of the effectiveness, quality and efficiency of healthcare services. This includes the assessment of medicines as well as the publication of health information for consumers and patients.

Evidence basis of our health information

Our information is based primarily on systematic reviews of the effects of health care. Systematic reviews are necessary to gain an objective picture of health care. In order to do this, a clear question is formulated. Researchers then find all the relevant studies that could answer this question. They then evaluate those studies.

You can find a list of the evidence and other scientific literature on which this information is based at [**www.informedhealthonline.org**](http://www.informedhealthonline.org)

Disclaimer

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