

HEAL THAT HEADACHE!

Did you know that 18% of women suffer from migraines, compared with only 6% of men? To mark National Women's Health Awareness Week (9-15 May), the South African Headache Society is providing information packs to sufferers of headaches and migraines. Learn about hormonal and menstrual headaches, which contraceptives to avoid and which daily supplements provide relief. For your free info pack, tel: 0861 678 911 or visit: www.headacheclinic.co.za.