

# Dr. JJ Releases Comprehensive Report on Naturopathic Approaches to Thunderclap Headaches

TORONTO, ONTARIO, CANADA, June 16, 2025 /EINPresswire.com/ -- Dr. Jean-Jacques "JJ" Dugoua, a [licensed Toronto naturopathic doctor](#) with a PhD in Pharmaceutical Sciences, has released a detailed report titled "Thunderclap Headaches: What Causes Them and How to Treat Them". This report aims to educate the public on the causes, symptoms, and naturopathic treatment options for thunderclap headaches, a rare but intense type of headache that can reach its peak within 60 seconds.



"A thunderclap headache is different from a normal headache," says Dr. JJ. "One minute, you're relaxing at home with your spouse eating a bowl of popcorn and watching your favourite movie, and the next you're doubled over, suffering the worst headache of your life."

Thunderclap headaches are often described as the most severe pain a person has ever experienced. They can occur suddenly and may last from only a few minutes to several days. In rare cases, these headaches can be fatal, so above all else Dr. JJ emphasizes the importance of seeking immediate medical attention to rule out serious conditions such as subarachnoid hemorrhage or reversible cerebral vasoconstriction syndrome.

He also emphasizes that naturopathic treatments should not be used as a replacement for medical treatment, but rather as a complement.

In his report, Dr. JJ outlines several naturopathic strategies that may help manage the symptoms of thunderclap headaches.

In particular, he outlines a number of dietary changes that may help manage thunderclap headaches.

Known for its anti-inflammatory properties, turmeric may help reduce headache severity. Dr. JJ notes, "Turmeric acts as a natural painkiller and anti-inflammatory, which may reduce the

severity of your headaches."

As well, incorporating foods like garlic, onions, and peppers into the diet may help reduce the risk of blood clots, which can contribute to thunderclap headaches.

Blood pressure management is also important. For individuals with high blood pressure, adopting a diet low in salt and high in calcium and magnesium, along with stress-reducing techniques like yoga and mindfulness meditation, are [natural hypertension remedies](#) that may help lower blood pressure and potentially reduce headache frequency.

At present, there is no known cure for thunderclap headaches. However, those affected can still use a combination of medical intervention and naturopathic treatments to reduce their frequency and severity.

The full report is available for free on Dr. JJ's website. Those interested in naturopathic medicine are encouraged to visit Dr. JJ's website, or his [downtown Toronto naturopathic clinic](#).

Dr. Jean-Jacques Dugoua, or Dr. JJ as he's affectionately known, is a licensed naturopathic doctor in Toronto. Dr. JJ also holds a PhD in pharmaceutical sciences, which gives him a unique perspective on both the medical and naturopathic world. As a result of his work in clinical pharmacology, Dr. JJ has the distinction of being one of very few naturopathic doctors who practice in a medical hospital in Canada, in his case at Toronto Western Hospital. He also has a private practice in downtown Toronto, through the Liberty Clinic.

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