



QUESTIONS & answers

MIGRAINE HEADACHES

Q *I've been struggling with migraines for several years – are there any nutritional factors I should consider?*

A Current research suggests that there are 12 primary headache types, but classification is far from an exact science! According to some medical professionals, all headaches are related – no matter how they are classified – as they are all a response to underlying metabolic, structural and emotional imbalances.

A tendency towards migraines has a strong genetic link, so if you suddenly start having migraines without a previous history, or if the pattern of your migraines changes significantly, it is essential to seek medical advice.

If migraines go untreated they can sometimes lead to more serious conditions, including permanent loss of vision, strokes, aneurysms, coma and even death. Even the most effective medications prescribed for migraine prophylaxis reduce frequency by no more than 50%, and many of these drugs have significant side-effects. Safer and more effective ways of preventing and treating migraines are therefore needed.

In a breakthrough 2008 article in the journal *Brain*, Schoonman and a team of Dutch researchers debunked previous theories about the cause of migraine pain, and proved that this pain does not originate within the brain, as previously thought.

This study underscores the pioneering work by Dr Elliot Shevel, a maxillofacial surgeon based at the Headache Clinic, here in South Africa. Dr Shevel has long maintained that the pain of migraine does not come from the blood vessels in the brain, even though many sufferers feel as though the pain is coming from inside the skull. He and others have now found that the pain of migraine and headache originates from other parts of the head, face and neck, i.e. outside the skull. This is good news for sufferers, as these structures are accessible and can be treated successfully.

Nutrition has a vital role to play in migraine triggers as well as treatment.

TRIGGERS

A migraine can be triggered and/or aggravated by any number of things, including:

"GOODBYE" back pain and posture problems.

Gravity is our enemy! Why? Because of compression. Invert to reverse gravity and decompress naturally. Inversion stretches and elongates the spine, taking away the pressure on discs, joints and nerves.

BENEFITS OF INVERSION

Spinal column: realignment of the vertebrae to restore posture.

Intervertebral discs:

decompresses the discs to regain elasticity.

Muscles: relaxes muscles & promotes tissue perfusion.

Backache: relieves pain, spasm & discomfort.

Circulation: oxygenation of the cells of the tissues.

Lymph drainage: decreases lymph stagnation, enhances lymph flow.

Cerebral function: improves mental function & balances awareness.

Stress and tension: relieves the pain and stiffness in the neck, shoulders and back.



**the simple solution
to back pain and poor posture**

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- Dietary allergies and sensitivities – exposure to offending foods and additives
- Chemical and environmental sensitivities to pollutants such as cigarette smoke, chlorine, pesticides, perfumes and colognes, ingredients in cleaning products, plastics, hydrocarbons, carbon monoxide, mould, formaldehyde, housedust mite, etc.
- Hormonal imbalances – hormonal fluctuations, oral contraceptives, low blood glucose, thyroid problems, stress, etc.
- Digestive disturbances – constipation, liver dysfunction, blood glucose irregularities, irritable bowel syndrome, etc.
- Physiological and lifestyle factors – too much or too little sleep, sun glare, flashing lights, heavy exercise or lack of exercise, changes in barometric pressure, vision issues, muscular tension, skeletal and postural imbalances, dental issues, etc.
- Psychological stress – stress, repressed emotions, anxiety, anger, boredom, etc.

Nutritional Allergies and Sensitivities

Possible nutritional allergies and sensitivities include:

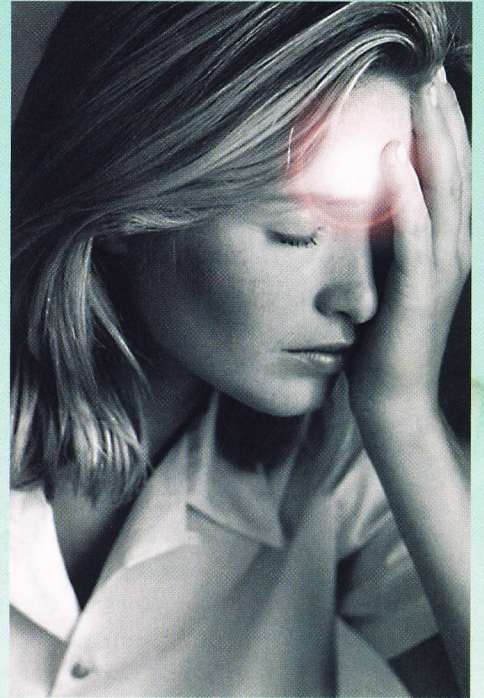
Tyramine. All protein-rich foods that have been matured will contain tyramine, the quantity depending on the temperature at which and for how long they have been stored. Properly refrigerated foods will not be as affected. Tyramine is found mainly in red wine, avocados, overripe bananas, aged cheese, chocolate, figs, some nuts, fermented soya products and Marmite.

Tannins, most abundant in apple juice, blackberries, coffee, tea, chocolate and red wine.

Phenylethylamines, which change levels of the neurotransmitter dopamine and are found in chocolate and some decongestants.

Nitrates and **nitrites,** commonly found in cauliflower, spinach, collard greens, broccoli and root vegetables; prepared baby foods; meat and meat products (with preservatives,

MIGRAINE Natural Relief



- Migraine, headache and stress relief
- Apply to temples
- Minimise the need for pain killers
- Clinically proven 91% effective for migraines (Dr. Schwob, President, Migraine Association, Paris)



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