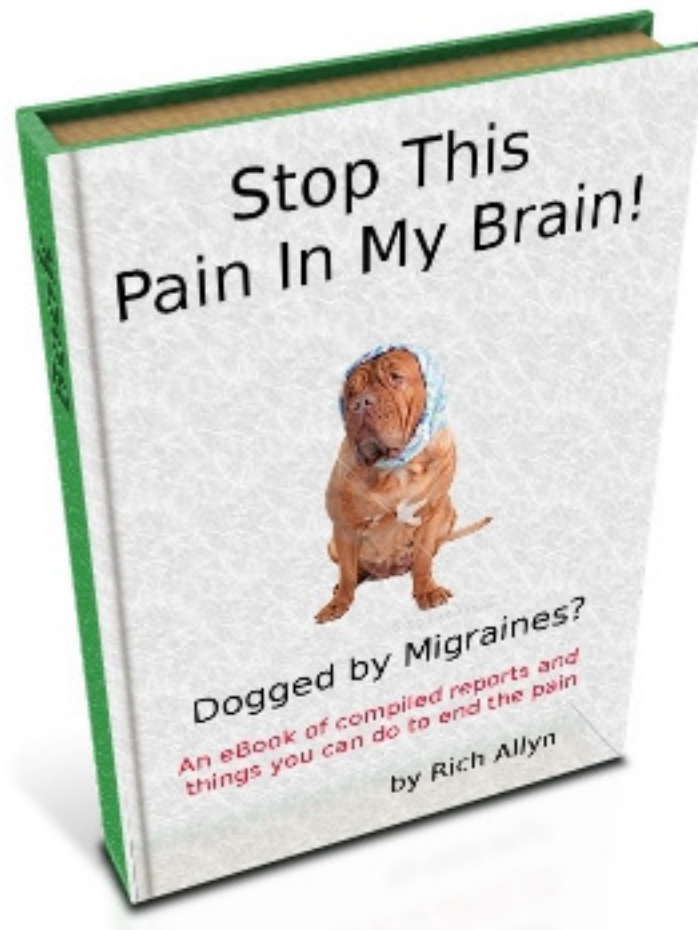


Are You Dogged by Migraines? Stop The Pain In Your Brain!



An eBook of compiled reports and things you can do to end the pain in your brain!

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

Disclaimer and Legal Stuff

The Publisher has striven to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet and medical advances.

The Publisher will not be responsible for any losses or damages of any kind incurred by the reader whether directly or indirectly arising from the use of the information found in this report.

In practical advice books and information, like anything else in life, there are no guarantees made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This report is not intended for use as a source of legal, business, accounting, medical or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting, medical and finance field.

Reader assumes responsibility for use of information contained herein. The author reserves the right to make changes without notice.

The Publisher assumes no responsibility or liability whatsoever on the behalf of the reader of this report.

You are encouraged to print this book for easy reading.

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

How To Use This eBook

The reports in this eBook are arranged in alphabetical order. So you can read this information from cover to cover or choose a single report and go directly to it. Followed by more information and sites to visit.

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!
<http://www.migrainetreatment.com/ClickHereNowToEliminateYourMigrainPain>

Table of Contents

Report 1	Abdominal Migraines	8
Report 2	Acupressure and Migraines	10
Report 3	Acupuncture for Migraines	12
Report 4	Aging and Migraines	14
Report 5	Applying Heat or Cold for Migraine Relief	16
Report 6	Are You In or Out?	18
Report 7	Aromatherapy and Migraines	20
Report 8	Balancing Chakras to Soothe Migraines	22
Report 9	Basilar Migraines	24
Report 10	Butterbur for Migraines	26
Report 11	Chiropractic Care for Migraines	28
Report 12	Cognitive Behavioral Therapy for Migraines	30
Report 13	Common Migraine Food Triggers	32
Report 14	Exercise to Ease Migraines	34
Report 15	Fewer Migraines with Feverfew	36
Report 16	Finding a Migraine Doctor	38
Report 17	Genetic Research into Migraines	40
Report 18	Hemiplegic Migraine	42

**Discover The Secret To Completely Eliminating Your Migraine
Pain Forever In The Next 48 Hours & Never Spend Another Dime
On Expensive, Dangerous treatments!**

<http://www.migrainetreatment.com/ClickHereNowToEliminateYourMigrainPain>

Table of Contents Continued

Report 19	Home for Headaches	44
Report 20	Hypnotic Migraine Relief	46
Report 21	Lifestyle Change for Natural Migraine Prevention	48
Report 22	Migraine Abortive Medications	50
Report 23	Migraine Auras	52
Report 24	Migraine Criteria	54
Report 25	Migraine Myths	57
Report 26	Migraine Prodromes	59
Report 27	Migraine Stages	61
Report 28	Migraine Trigger Elimination Dieting	63
Report 29	Migraines and Caffeine	65
Report 30	Migraines and Depression	67
Report 31	Migraines and Insomnia	69
Report 32	Migraines and Obesity	71
Report 33	Migraines and PMS	73
Report 34	Migraines and Rebound Headaches	75
Report 35	Neurostimulator Implants and Migraines	77

**Discover The Secret To Completely Eliminating Your Migraine
Pain Forever In The Next 48 Hours & Never Spend Another Dime
On Expensive, Dangerous treatments!**

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

Table of Contents Continued

Report 36.....Non-Drug Treatment for Pediatric Migraine.....	79
Report 37.....Online Resources for Migraineurs.....	81
Report 38.....Pediatric Migraines.....	83
Report 39..... Poison the Pain – Botox for Migraines.....	85
Report 40.....Prophylactic Migraine Medications.....	87
Report 41.....Reflexology for Migraines.....	90
Report 42.....Riboflavin for Migraines.....	92
Report 43.....Running into Migraines.....	94
Report 44.....Smoking and Migraines.....	96
Report 45..... The High Price of Migraines.....	98
Report 46..... Thermal Biofeedback and Migraines.....	100
Report 47..... Toradol - When Migraine Pain Won't Stop.....	102
Report 48.....Transformed Migraine.....	104
Report 49.....Using White Noise to Treat Migraine Symptoms.....	106
Report 50.....Yoga for Migraines.....	108
More Information.....	110

**Discover The Secret To Completely Eliminating Your Migraine
Pain Forever In The Next 48 Hours & Never Spend Another Dime
On Expensive, Dangerous treatments!**

<http://www.migrainetreatment.com/ClickHereNowToEliminateYourMigrainPain>

Introduction

Hi, I'm Rich Allyn.

I have put this ebook together because of the pain and suffering my daughter has had to endure over her life time. The excruciating pain and having to lie in bed with no noise and the total absents of all light for sometimes days until the pain finally subsides.

She was born 3 months early and weighed in at just 2lbs 10 oz. This was when a baby so small had to be a fighter or would not survive. Being a little girl the doctors told us her chances were better than if she was a boy but still only had a 1 to 10 percent chance of making it through the first 48 hours of her life. Being born in a great hospital in the Midwest and having a fantastic doctor I am happy to say today she is a beautiful woman in many ways.

I couldn't help but think that the oxygen she was on and being born so early may have played a part in her migraine headaches. So with the help of the internet and access to all the information in this ever shrinking world I set out to find answers.

No father or mother in this world wants to see their child suffer no matter how young or how old that child is. I am not a doctor nor am I an over intelligent individual. I just want to help my daughter and in doing so maybe help others find information or a few answers to their questions about migraine headaches.

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

Report 1

Abdominal Migraines

Anyone who has ever had a migraine will say they do not just happen in the head. The headache is usually the worst and most painful part of a migraine, but there's more. Most migraineurs (people who suffer from migraines) will talk about photosensitivity (sensitivity to light), phonosensitivity (sensitivity to sound), scent sensitivity, gastric pain, cramping, and vomiting.

Sometimes the abdominal symptoms show up without the other typical migraine symptoms. When they do, a patient is said to be experiencing an abdominal migraine. An abdominal migraine is pain, usually varying from mild to medium, in the abdomen. The pain is either along the midline or unspecified and is frequently accompanied by abdominal tenderness, cramp-like spasms, bloating, vomiting, and loss of appetite.

Since abdomen pain can be caused by a wide variety of conditions other causes need to be ruled out before a diagnosis can be made. In a classic abdominal migraine, no gastric cause for the pain can be identified. Migraineurs need to let their doctors know about their migraines when they experience unspecified abdominal pain so that the doctor knows abdominal migraine may be a possibility.

Abdominal migraines are most common in children. Children who experience abdominal migraines frequently grow up to be migraineurs. While abdominal migraine is not unheard of in adults, it is rare. Like most other types of migraine, it is also more common in females than in males.

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

While the exact cause of abdominal migraines is unknown, it is highly likely to be related to serotonin deficiency. Serotonin deficiency has been linked in several studies to migraines, and 90% of the body's serotonin is produced in the gastric system. Serotonin deficiency causes cascading waves of nerve reaction in the brain when triggering a migraine and a similar process may be in effect in the abdomen.

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migrainetreatment.com/ClickHereNowToEliminateYourMigrainPain>

Report 2

Acupressure and Migraines

Acupressure is a completely non-invasive treatment option that has a high success rate among migraineurs (people who suffer from migraine headaches). It has a proven track record as a successful pain abatement technique. Acupressure is also efficacious in reducing both the frequency and intensity of migraine attacks.

In Traditional Chinese Medicine, there are over 800 vital energy points in the human body. These points lie along meridians that run throughout a person's body. Chi, or life energy, flows along the meridians and through the energy points in healthy people. Chi that is blocked or overabundant near particular energy points causes illness and pain.

Acupressure massage applies pressure to these energy points in order to release chi and stimulate the body's own healing mechanisms. The energy points are massaged with the fingers, thumb, or occasional blunt object with medium pressure in a circular pattern.

The simplest acupressure a migraineur can learn is an all-over head massage. This technique just requires the practitioner to massage the scalp as though they were washing their hair. Sit with the elbows resting on a table to prevent arm strain and the head resting lightly in the hands to perform head and neck acupressure.

Moderate pressure applied to the GB20 points offers the best relief for migraine pain. They are on either side of the neck, approximately one inch to each side of the spinal column just below where the skull and neck muscles connect. GB20 also goes by the more romantic-sounding Chinese name "The Gates of Consciousness".

Discover The Secret To Completely Eliminating Your Migraine Pain Forever In The Next 48 Hours & Never Spend Another Dime On Expensive, Dangerous treatments!

<http://www.migraintreatment.com/ClickHereNowToEliminateYourMigrainPain>

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

