

Mastering
Migraine... ©

Or How To
Control The
Monster
Within... ©

by

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Mastering Migraine

....or how to control the monster within...

Introduction:

Are you ready to master your migraine condition, rather than it being the master of you? Are you fed up and at the point of despair? Well Michael and Brian from MigraineCentre.com have been there and have until recently suffered horrendously from migraine.

Brian in particular, has in the past, been bedridden for days at a time and unable to go about his business or function as he normally would. Michael's condition, although painful and crippling, suffered fewer and less time consuming attacks.

Through many years of trying all kinds of different approaches to the problem, Brian stumbled upon a solution that has now given both authors freedom from the disabling effects of migraine. They present for you in this ebook, the "secret" to mastering migraine, as it works for

them, in the belief that it can provide, much needed and overdue, long term relief for other sufferers.

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Chapter 1

What is a Migraine?

Definitions.....

The Concise Oxford Dictionary defines migraine as:
"recurrent paroxysmal (read - fit like, raging) headache, often with nausea and disturbance of vision".

The Wikipedia definition of migraine is: "a neurological disease of which the most common symptom is an intense and disabling episodic headache".

The word 'migraine' has its origins in the French language but is historically derived from the Greek word 'hemicrania', which quite literally means half of the head. We can conclude therefore, that migraines traditionally, but not exclusively, affect only one side of the brain.

Types of Migraine.....

There are two types of migraines, being, those with auras or those without auras. The most common migraine is that suffered without the auras. If you have migraines with auras you will usually see flashes of light, blind spots or zig-zag lines in your vision, and sometimes have tingling sensations in an arm or leg.

Auras usually start within about 30 minutes prior to the migraine starting and may be taken as a warning sign. Occasionally, the aura can last throughout the duration of the migraine.

Effects.....

A migraine is different from a regular headache, in that, it is very severe, with deep, throbbing, excruciating pain, often causing trauma behind the eye, usually only on one side of the head. Migraine pain is so intense that you

know it is no ordinary headache, and even slight movement can worsen the pain.

It is quite often accompanied by extreme sensitivity to light and noise, sometimes experiencing double vision, with nausea and vomiting also being common symptoms. Some sufferers have also reported their hands and feet becoming very cold at the onset of a migraine.

A migraine is a recurring condition, which, unless the sufferer makes some changes to how he or she does things, will continue to be so. Some people may have one several times a month, while others may only have one or two a year. Other, even less fortunate souls, may be living with a permanent type of hell, with little or no let up.

However, when a migraine happens, it can be disabling, and render the sufferer quite useless, having to spend most of their time lying down in a dark and quiet room, trying to sleep it off. This sometimes is effective, but often the sufferer awakens with the migraine still at, or near, full strength.

If you're reading this and these symptoms don't sound personally familiar to you, then you probably have not suffered a migraine, in which case it is not an easy task for you to fully comprehend the entire depth of misery to which sufferers' lives plummet. I suggest that an

appropriate analogy would be that of back pain sufferers, who are often wrongfully misunderstood.

Common Pain Relief.....

If you have a migraine, you probably know what helps the pain, that is, if you are one of the more fortunate ones, who can find any kind of relief. Everyone is different when it comes to pain relief.

As I stated before, some people just want to lie down in a dark, quiet, room and sleep it off, while others will take medication developed especially for migraine headaches.

This may be of some benefit at times, or as I used to do, load up with paracetamol/codeine, and then lie down to sleep it off, which, after varying periods of time, would tend to sometimes work okay, in that it would mask the pain long enough for me to get to sleep. However, under these conditions, I believe the reversal of the migraine would begin to occur.

I personally believe that whilst awake and suffering the full effects, one's body continues to stress about the condition, thus having a compounding effect. It is only

when you can subside into a deep sleep - into the delta zone, that you can allow your body to carry out the necessary repair work and rid yourself of the migraine. However, sometimes your body needs more time to do its work, and it may take as long as two days or so to get better.

It is important to note, that if you [suffer from a migraine](#) and you are inclined to load up on pain killers as I used to do, then you run the risk of doing yourself serious long term harm.

Drugs, whether illicit, prescribed or purchased over the pharmacy counter, are unnatural for your body, are toxic, and often include ingredients which are poisonous or carcinogenic.

Chapter 2

Causes & Triggers?

Causes - The Quick Answer.....

No one really knows what actually causes a migraine. There are a few theories, and there certainly appears to be some merit in the belief that swelling or constriction of vessels and capillaries in the brain takes place. This, the blood flow theory, focuses on blood vessel activity in the brain. Blood vessels either narrow or expand. Narrowing can constrict blood flow, causing problems with sight or dizziness. When the blood vessels expand, they press on nerves nearby, which transmutes into severe pain via the central nervous system.

Another theory focuses on chemical changes in the brain. When chemicals in the brain that send messages from one cell to another, including the messages to blood vessels to get narrow or expand, are interrupted, migraines can occur. Hypoglycaemia or low blood sugar may also cause migraines. However, experts now tend to believe that migraine starts with an underlying central nervous system disorder, which, when triggered by various stimuli, sets off a chain of neurologic and biochemical events, some of which subsequently affect the brain's vascular system. No experimental model fully explains the migraine process.

We do not claim to know much about what actually takes place inside the human brain. That obviously is the domain of neurologists, but there certainly seems to be more evidence of what triggers a migraine, than what the actual cause is.

Triggers - Physical Factors.....

Many physical factors can trigger a migraine, and of course, not one size fits all so to speak, as everyone is different. What might trigger a migraine in one individual may have little or no triggering effect in another.

Activities, such as prolonged exercising or sport, or overexerting by straining, bending, lifting, or throwing, might be the beginning of trouble for one sufferer but any or all of those may not bother another migraine sufferers' at all. Migraine headaches can be triggered by a number of factors. Diet, tension, medications, eyestrain, food or chemical allergies and fatigue are among the most common with causes varying widely among individuals. Some foods commonly seen as migraine triggers are chocolate, red wine, cheese and foods using nitrites as a preservative.

Environmental Factors.....

Some people are sensitive to weather conditions, and as such, these can cause biological changes in the body's chemical balance and thus precipitate a migraine headache.

A change in climate or weather, such as, a dramatic change in temperature or humidity; travelling by aeroplane thus

experiencing a change in altitude or barometric pressure; strong winds or hailstorms, or just a change of daily routine can cause the onset of a migraine attack.

Weather conditions also can increase the severity of a migraine triggered by other factors. Dry and dusty atmospheric conditions may also cause the onset of a migraine.

Overcrowding in a badly ventilated room, train or bus might trigger an attack in some sufferers. Tourists visiting or travelling at high altitudes can experience similar headaches.

It's fair to say that headaches triggered by elevation changes can in fact be those other than a migraine, as changes in altitude or weather can disturb the function of eyes, ears and nose, which could mean that the resulting headache may be induced by changes to sinus or ear canal.

Other environmental triggers include bright sunshine or glare conditions which sufferers can find unbearable after a short period of exposure.

Pollution.....

It is highly probable that pollution in the atmosphere and waterways, which in turn, ends up in our drinking water supply and food supply has been largely responsible for the massive increase in the number of reported cases of migraines, the world over.

We cannot continue to keep spewing deadly toxins and pollutants into the environment, without there being huge consequences to the state of our health. In retrospect, some of the above mentioned weather changes, in many cases may not be the trigger for a migraine, but instead, have stirred up the amount of pollutants to which we are exposed, which then causes the chemical imbalance in the victim's brain, which sets off the new attack.

Smoking.....

Self induced factors which can trigger migraine attacks must include smoking tobacco or other substances. The "up close and personal" affront to one's body by such highly toxic pollutants, has to be considered not only, extremely dangerous, but totally detrimental to the life expectancy of body and brain cells and how they function, the consequences of which, can only be terminal.

If you suffer from a migraine and are a smoker, we have one word for you - STOP. Yes, during the first few days after quitting, you will probably experience another migraine and you may well be tempted to reach for a cancer stick, but for goodness sake, the migraine will not be cured by having another smoke, even if it was capable of some temporary relief.

It is important to understand that the chemical imbalance and constriction of blood flow to parts of the brain is most likely the very reason you suffer a migraine. Therefore, to

induce clotting, and to destroy blood vessels and cells, can only bring about more pain and suffering, which has been proven to result from smoking.

Drinking.....

Excessive drinking of alcoholic beverages can cause the onset of migraines. I speak from experience when I say that a hangover can easily continue on for more than twenty-four hours as a migraine.

Therefore it is imperative, in order to prevent this type of triggering effect, to either give up drinking liquor altogether, or at the very least, be self disciplined enough to restrict oneself from over-indulgence.

Some people have to refrain completely from certain types of drink, as those types are a trigger in themselves. One of those is red wine. Many beers have excessive amounts of chemicals in them in the guise of ingredients, more so in the case of "light beer". Try a naturally brewed beer, in moderation. It may make a difference!

Brian and I both enjoy an occasional drink and have found in the past that being moderate and fussy about what we drink, has had a bearing for the better on the migraine situation, even before discovering the "magic formula".

Stress.....

I look back on my young years, growing up in the 1960s and 70s, and I cannot for the life of me recall the use of the word "stress", and certainly do not remember hearing of anyone suffering from stress. Perhaps I lived a sheltered childhood, but suffering from stress is a relatively recent phenomenon.

Of course people generally, in this day and age, are pressured into a lifestyle that, despite us supposedly being more intelligent than any generation before us, (which I believe is highly questionable) are duped by slick propaganda all around us, into believing that we "must have" the latest and greatest of every consumable product on the market.

Consequently, we find it necessary to work two jobs or as much overtime as possible. It is often the case that both parents in the family work long hours, skip meals or eat on the run, with no time to properly look after their health. We spend less quality time with our children and so on and so forth, just in order to fund a lifestyle that meets "society expectations".

All this, of course, equals, elevated stress levels in most of us, which can lead to a failure in our good health, and naturally includes an increase in the number of migraine sufferers, as the stress becomes too much. Perhaps more importance needs to be placed on this very problem, and

living a life without stress should be high on every migraine sufferer's agenda of trying to rid themselves of the migraine monster.

The catch 22 in the whole deal of course is that the worse [your migraine problem](#) is, the more anxious you can become about impending attacks, therefore, creating stress. It can become a very vicious circle, indeed.



Chapter 3

Who suffers?

Why me?...

Listen up migraine sufferers; although many of you suffer in silence, you are not on your own, and although that is probably cold comfort, it is estimated that up to 10 percent of the population in the United States of America suffer from migraines.

Now even if we took those figures as a worst case scenario, I think it would be fair, but possibly conservative to estimate, that up to 5 percent of the world's population could be suffering from migraines. That is a staggering 300 million members of mankind. Of course this is only based on those that come forward and report their condition, so it is possible that the arrived at number is indeed very conservative.

The Children.....

Unfortunately, [children](#) are not immune from a migraine, although the majority would appear to grow out of it. This may be in some cases due to wrenching themselves away from the electronic game console, weaning themselves off chemically adulterated fizzy drinks (especially the diet types), getting out in the fresh air more often and drinking more water.

Abdominal migraine is a type of migraine that doesn't actually involve head pain. Instead, this migraine usually causes stomach pain. The normal nausea and vomiting other migraine types cause, occurs after the stomach pain starts. This migraine type occurs most commonly in young children.

Who doesn't suffer?.....

Another factor to be considered is that certain people, or tribes of people in some remote parts of the planet appear to be "lucky", and have very few if any migraine sufferers.

Especially if we look toward the [Himalayas](#), and in particular, the Hunza Valley, in Pakistan controlled Jammu and Kashmir, and also the people living in pristine areas of Tibet and Mongolia, who enjoy [a much healthier diet](#) than those of us living in the so-called 'western world' or '1st world countries'.

We will take a closer look at this topic in [a later chapter](#), suffice it to say, that it shouldn't need Einstein to work out that there may be a clue in the differences in lifestyle between cultures, that could have some bearing on why those people living in the [remote Himalayan regions](#) suffer few diseases and tend to live generally happy, community active lives, with a longevity rate just about unheard of in the western world.

However, before we go jumping on our weather beaten donkeys and heading for the mountains, there may be a few things worth taking into consideration. Earthquakes, extreme cold in winter, language, immigration laws, limited internet and mobile phone connection, to name but

a few.... However, if a tree change is what your heart desires, then don't let those things be an obstacle.

Chapter 4

History and Research.

Scientists say.....

[Research on migraines](#), has in the past focused on changes in the blood vessels in the brain. However, new research is being done that indicates changes in the brain itself. Some scientists believe that the cause of a migraine involves a complex mix of chemical changes in the brain with various neuro pathways.

They are still not sure what the exact chain of events are that cause a migraine, but believe that it can be triggered by such things as stress, environmental factors, or certain foods. Well, pardon me if I sound cynical, but....no kidding! Perhaps we should point out that all three of those scientific beliefs are pretty broad and Brian and I think they've got it well covered!

It never ceases to amaze us, the amount of money, that gets raised by millions of people digging deep in their pockets, for research into the many different diseases, only to have

the scientific community still telling us many years down the track, that they still don't know the cause, or the cure, and that they need more funding, when often the answers to both may well be sitting under their noses.

It is also baffling as to why there is a propensity amongst some sections of the medical profession to totally debunk many remedies that are totally natural, have proven purely by time and trial within certain societies to be more than a mere co-incidence in the on going good health of their people. May I suggest that there is more money to be made by the scientific community and the pharmaceutical giants,(big pharma), on whose behalf a lot of scientific research is being carried out. They continually use the throw away line, "If it hasn't been scientifically tested and proven it can't be good for you and could prove dangerous," which we find ludicrous in light of the fact that many nutrients most certainly have been proven beneficial to health.

Increasing numbers of people however are exercising their right to choose, which is precisely why big pharma is leaning more heavily on the politicians to outlaw more and more supplements. Now I should point out here, that the purpose of this literary piece is not to add fuel to the possible conspiracy that keeps the illness industry ticking over beautifully for those who profit from it, but come on folks, let's wake up and smell the roses!

Incidentally, neither author is anti-scientist, and we acknowledge that there are many wonderful discoveries,

inventions and advances in health, that can be attributed to the fine work of some scientists. Likewise, we are not against anyone visiting a doctor when necessary, but we would encourage you to do some due diligence, and seek out doctors who are prepared to put your health and well being first and foremost, and not pander to big pharma.

A Growing Trend.....

Thankfully, there appears to be a growing trend in the number of general practitioners who are prepared to look at ways to improve their patients' health without going down the path that was instilled in them back in their medical school days. They are now prepared to step out from under the shadow of the organizations that influence their decisions to prescribe and those that govern their right to practice.

More and more of them are putting up websites promoting a much healthier lifestyle, and, just as importantly, warning subscribers of the dangers that lurk in the typical western way of eating, drinking and exposure to toxins.

They also warn of the depletion in our food supply of the very minerals, vitamins and anti-oxidants that our bodies depend on, and that our ancestors had plenty of, in their fruit, vegetables and [other sources of food](#), such as the wild game they hunted.

Yes, it could be argued that some of these doctors are just cashing in on the lucrative vitamins and supplements market. However, think about this: would you not rather pay a doctor for [natural medicine](#) which can lead to ever improving health and well being, than for prescribed medicines which often don't do what they are supposed to? These same drugs, on more than just a few occasions, exacerbate your problem, due to side effects, which very often are identified during trial periods prior to general release, but then suppressed in the interests of short term profit and "the bottom line"!

Under Threat.....

It should be noted also that at this present time in mid 2007, the supply of vitamins and supplements that most of us can choose to ingest, are increasingly coming under attack from big pharma, who have seen the trend that I have just mentioned, coming for quite a few years now. Big pharma lobbied the European parliament very hard, so that now, due to whatever reasons, the so-called parliamentarians saw fit to pass legislation that severely limits the amount of certain vitamins and supplements that the consumer can obtain. That is only the start however, and these vested interests are hell-bent on making sure that they gain full control of the supplements and vitamins industry. The name of this insidious program is Codex. The USA administration is presently presiding over a proposal for similar legislation and most Americans are

probably oblivious to the consequences of such a [bill being passed](#).

Why does big pharma expend so much time, energy and money on crushing or restricting the nutrients/supplements industry in its present form? The answer is quite simple and in two parts;

1. They cannot put patents on that which is natural; and
2. So that they remain in control of what we ingest to recover from illness. The stakes are huge!

Likewise in Australia on 28th April, 2003, the Therapeutic Goods Administration (TGA) suspended the manufacturing capability, and the licence to operate, of Pan Pharmaceuticals, which at that time was one of the world's largest producers of 'alternative' medicine and supplements.

The TGA actions certainly smacked of a witch-hunt, partly because of the massive media exposure it created, and although it is not for us to try and claim that there were no problems with the way in which Pan went about its business, when all is said and done, the TGA actions did not achieve much else, other than to remove another range of 'complimentary' medicine from the supermarket shelves, and get its maker off the radar.

Then again, perhaps that was the aim of their actions all along! In all honesty I don't see any real difference between a supplements manufacturer using 'fillers' in their tablets, than the practices used by the conventional drug producers. As far as we can determine, fillers are necessary to some degree, in order to bind the ingredients together into a tablet form.

We don't ever hear of big pharma being hunted down by the TGA in the same way Pan was. Just as a final note, Jim Selim the pharmacist who founded Pan in 1974, was found not guilty of procuring another person to destroy company computer records in relation to Travacalm, the product that sparked the controversy in the first place.

In chapter six you will learn more about some of the issues Brian personally encountered during his many years of struggle prior to discovering the formula which was responsible for his [remarkable recovery](#).

Chapter 5

Nature's Remedies!

What Works.....

Now we shall move on to what [natural remedies](#) you should seriously consider taking on a daily basis, because Brian and I have found that they *really* work. You will discover after reading the following paragraphs that there is actually nothing secret in the natural supplements themselves that we recommend. In fact, most people will probably have heard of them, and many will have tried some or all of them in their quest to master their migraine.

We will run you through each one, there being, three main supplements, plus we will touch on one or two others which have helped in ridding other people of the migraine monster. Regardless of what you may have read previously about these supplements, and perhaps even tried, I would encourage you to keep reading because we will share with you some very exciting revelations about the combinations and quantities of these supplements.

We recommend that you try these [supplements](#), because we know that they work for us and have worked for many thousands of people around the world. They are natural, and in the long term, will improve you health, unlike over the counter or prescribed medication, which as we all know can have detrimental side effects and lead to possible further health issues.

Herb.....

Feverfew (*Tanacetum Parthenium*) has been used in Europe for many decades, if not centuries, and became quite popular in England and other countries during the 1980's as migraine prevention. Feverfew has a thinning effect on your blood, so enabling a better flow to those parts of the brain that are affected by a migraine, and can reduce constriction of the blood vessels in the brain. It is used to effectively treat migraines, arthritis and fever, and is our number one choice in the herb category.

We suggest that if you are currently taking aspirin or other blood thinning medication, you should not take feverfew until you have sought the advice of your doctor, because it will likely prolong bleeding time. I know which of the two I'd rather not be taking! If you are on the shortlist for surgery, it is vitally important to discuss with your surgeon, the fact that you take feverfew. The [migraine relieving ability](#) of feverfew is believed to be due to Parthenolide, an active compound, found in plentiful quantities in all parts of the plant other than the roots.

Specifically, it helps prevent the constriction of blood vessels in the brain, which as we stated earlier, is one of the leading causes of migraines. Parthenolide also inhibits the actions of compounds that cause inflammation, hence, its ability to relieve arthritis sufferers.

More recently, studies by scientists at the James P. Wilmot Cancer Centre, part of the University of Rochester Medical Centre (USA), have found that Parthenolide has a natural capacity to attack and destroy leukaemia stem cells,

without harming any surrounding healthy cells. They apparently were alerted to feverfew/Parthenolide after learning that other scientists showed that it prevented some skin cancers in animals.

So feverfew has been around for longer than mankind, and we are still discovering new things about its ability to help in our health and well being. The good news is that feverfew is available in capsule form from most health food shops, but it does pay to be choosy and only opt for good quality and as pure as possible feverfew. For all your best quality Feverfew [CLICK HERE](#)

Mineral.....

Magnesium (*Mg*) is the mineral of choice. Our research has led us to the conclusion that there are apparent links between a deficiency in magnesium, and a migraine.

In fact, there are many similarities in the symptoms experienced by migraine sufferers and those suffering from magnesium deficiency.

Those include: sensitivity to bright light, noise, heart disease, menstrual cramps, headache, nausea and anxiety.

The following extract is from a 1996 Norwegian study which demonstrates the importance of magnesium to those who suffer migraines:

Cephalalgia (NORWAY) Jun 1996, 16 (4) p257-63

"In order to evaluate the prophylactic effect of oral magnesium, 81 patients aged 18-65 years with migraine according to the International Headache Society (IHS) criteria (mean attack frequency 3.6 per month) were examined. After a prospective baseline period of 4 weeks they received oral 600 mg (24 mmol) magnesium (trimagnesium dicitrate) daily for 12 weeks or placebo. In weeks 9-12 the attack frequency was reduced by 41.6% in the magnesium group and by 15.8% in the placebo group compared to the baseline ($p < 0.05$). The number of days with migraine and the drug consumption for symptomatic treatment per patient also decreased significantly in the magnesium group. Duration and intensity of the attacks and the drug consumption per attack also tended to decrease compared to placebo but failed to be significant. Adverse events were diarrhoea (18.6%) and gastric irritation (4.7%). High-dose oral magnesium appears to be [effective in migraine prophylaxis.](#)"

And the following is an extract from "Migraines From the Rodale book, Prevention's Healing with Vitamins ":-

"An increasing number of doctors believe that some of the most severe cases of migraines may actually be caused by an imbalance of key minerals such as magnesium and calcium.

'Not all headaches are produced by this imbalance, but we now know that 50 to 60 percent of migraines are magnesium-linked. And that's probably why no prescription therapy on the market successfully treats headaches across the board. They're simply not treating the cause,' says Dr. Altura."

Magnesium is also available in capsule or tablet form. For all your best quality Magnesium [CLICK HERE](#)

Vitamins.....

The main thread in all the available information we found in regard to combating the migraine monster, points to one common denominator - Vitamin B. Vitamin B, and in particular, [Vitamin B2](#), otherwise known as Riboflavin, appears to be possibly the most important piece in the puzzle. Brian also discovered and now includes in his daily dosage, Vitamin B6 (pyridoxine) and Vitamin B9 (folic acid).

In the next chapter, you will learn what Brian discovered in relation to Vitamin B, where it can be sourced (including food sources), and how he developed the formula which he now follows religiously every day, and

he will also reveal the "secret" which has allowed him to master the migraine which dogged him for so many years!

For all your best quality Feverfew, Magnesium and B Vitamins, [CLICK HERE](#)

Chapter 6

Brian's Story.

I want to share my experiences with you as a fellow migraine sufferer in the hope that you may somehow relate to them, and that together we may find a way of assisting you in finding relief to this debilitating ailment.

What I'm about to share may be controversial to some people particularly in the medical fraternity, but I also know that there is a great deal of support in many areas of the medical fraternity that will support what I am saying here.

I've battled with migraines since my mid to late 20's. I believe a few things happened in my life at that time which caused a change in my neurological system. I'm now convinced that an ongoing form of stress and anxiety played a major role in the change to my neurological system and caused sensitivity in my liver function. I'll explain more about that later.....

I want you to stop and think about your own situation for a moment and think about when your migraines first started - what was happening in your life at that time? What changes were you experiencing? This is important as we move through the steps of firstly finding [relief from our migraines](#) and then finding a way to reverse the changes that occurred in our neurological system.

Back to my story...

When the migraines first started, they only seemed to occur when I consumed alcohol. It reached a point where I could not consume any form of alcohol for many years. My system could not tolerate it, in any quantity whatsoever.

Though I was not a BIG drinker of alcohol, I was still a young man who was enjoying his youth and drinking on occasions with his buddies. This all came to an end when I was struck down in my mid to late twenties with this affliction referred to as **MIGRAINES**.

My migraines progressively got worse and I experienced many types of [headaches/migraines](#). Some of these headaches/migraines are what is commonly referred to as stress headaches, tension headaches, cluster headaches, and so on.

I eventually took myself to the doctor, who prescribed me with medication to try and alleviate these headaches/migraines, but unfortunately most of the medication that was prescribed either never worked or they caused another common affliction caused by constant use of prescribed medication – a term often referred to as “rebound headaches”. These are headaches caused by the over-use of medications. The over-use of medication can result in an [addiction to medications](#), more severe pain when they wear off, and possible serious side effects.

Another common cause of rebound headaches is the consumption of caffeine, either in coffee, tea, and soft drinks, or caffeine in medications. Check the label of you're medication for caffeine or if you suspect your suffering from rebound ask your doctor if the medication you're using contains caffeine. If you're suffering from rebound headaches this could be the possible cause.

Now back to my story.....I lived my life for the next 5 years with a constant pain in my head, even when I didn't have a migraine (which resulted in constant vomiting for 12 to 24 hours and shutting myself off from the world) I felt like there was this constant dull ache in my head. I can

only describe this as a heavy head or a feeling of carrying a pound of concrete inside my head.

Can you relate to this?

I tried many things to try and alleviate my headaches/migraines. I tried floatation devices, I tried a Naturopath, and I tried various Chiropractors & Physiotherapists, but no one who really understood this ailment.

Some of these professionals gave me partial relief, but this was only through twice a week consultations. I had become disillusioned. It had taken a toll on my finances and I had become part of their revolving door....

So I eventually asked the Chiropractor I was seeing at the time, how often I would need to continue seeing him, and his response was that I would need to continue seeing him twice a week for the rest of my life. His comment made me lose faith in his ability to cure my migraines.

This is not to say that Chiropractors cannot help migraine sufferers, because they most certainly can, and in fact I eventually found a great Chiropractor that has been giving me great results for many years.

I will support any professional that truly cares about their patients, and are genuinely interested in helping them, not just making money through meaningless consultations that are designed to make more money for themselves.

When selecting any professional make sure they have genuine interest in your well-being. Ask questions and make sure they truly understand your ailment.

After having tried so many things I was finally referred to a Sports Physiotherapist. I contacted him and he suggested that I see him twice only, and if he wasn't able to help me during these two visits then he would tell me immediately.

Well I'm pleased to say I have been seeing this Physiotherapist now for 17 years, but at most I only see him once a year for an adjustment. During this once a year visit he adjusts my [neck and back](#) that has become misaligned due to life's tensions and stresses.

In the beginning he provided me with some exercises, which I followed for 9 years. These exercises were fantastic and this allowed me to rid myself of the medications I was taking and to start looking for other [natural solutions](#).

The exercises were designed to release and relax the areas of my body, which were causing the migraines, the neck and back specifically.

My ongoing research took me into many different directions.

In 1995 I started exploring the benefits of vitamins – NOT for headaches/migraines, but purely for the maintenance of my health. I felt that various forms of medication over the years had depleted my immune system and I was constantly getting sick, with colds, flu's, etc.

So I began taking vitamins and reading about their benefits.

“FEVERFEW”

During my research I discovered something incredibly interesting. A reputable vitamin manufacturer had released a herb called “Feverfew” – I know some of you are thinking, “I’ve tried feverfew and I know all about it and it just doesn’t work for me” – well maybe and maybe not – but that’s not what’s important.

What’s important is when you combine Feverfew with other vitamins and minerals. **That’s the real power!!**
We’ll get to that in a moment....

After discovering Feverfew I found a host of testimonies from headache/migraine sufferers praising the healing elements of this little herb, so I started taking Feverfew, and it certainly had some positive affects.

...But it still wasn't enough.

Then I discovered the missing link...

During my research I came across information that claimed headaches/migraines were a result of [improper liver function](#). So I began to research this information further and stumbled on a guy that was taking Feverfew in combination with....

“VITAMIN B”.....

So I began delving deeper into this water-soluble vitamin. I discovered that there are essential B Vitamins that are most important to migraine/headache sufferers. The B Vitamins of particular interest to us [migraine sufferers](#) were B2 (Riboflavin), Vitamin B6 (Pyridoxine) and Vitamin B9 (Folic Acid). Regardless of what so-called experts are touting, I believe that Vitamin B deficiency is extremely common in western society because of our dietary intake.

Let's test this theory:

Here is an example of the foods you need to consume each day to get your RDI (Recommended Daily Intake) of the B Vitamins necessary:

Do you consume these foods each and every day? If not then you are deficient in Vitamin B:

Vitamin B2 (Riboflavin)

- Enriched breads and cereals
- Red meats (from grass fed cattle)
- Green, leafy vegetables.
- Dairy products.

Vitamin B6

- Poultry
- Pork
- Poultry
- Eggs
- Soybeans
- Oats
- Bananas
- Nuts and seeds

Vitamin B12

- Meat (from grass fed animals).
- Milk products (from grass fed cattle).
- Eggs (from free range chickens).
- Cheese.

- Chicken (organic)
- Fish (Preferably wild Alaskan salmon, or small types of fish so as to ensure no, or little presence of mercury and pesticides).

If high amounts of stress are present in your life, it is essential to increase the amount of B vitamins in your diet. You will not be able to get enough B vitamins in your food to meet your physiological needs, when modern day stresses are prevalent in your life. In other words, even if you are eating food containing vitamin B each and everyday, the chances are you're still not getting enough vitamin B, because migraine/headache sufferers need more B vitamins than the average person due to our neurological disorder.

Vitamin B is water soluble, which also applies to Vitamin C. Water soluble, simply means that it travels through the bloodstream and is eliminated. What the body does not use is passed through the urine, which means you need a continuous supply of these Vitamins in your food.

According to many sources the LACK of (B2) riboflavin can cause eye sensitivity to light, skin rash and cracks at the corners of the mouth.

Hmmmm...[eye sensitivity to light!](#) – does that sound familiar? Migraine sufferers generally complain about a strong sensitivity to light at the onset of a migraine.

Remember, my research had uncovered a change in the Neurological system, which resulted in improper liver function?

Well consider this... Vitamin B is important in the functioning of the “*liver*” and in energy metabolism. They are necessary for the formation of the red blood cells, numerous hormones, and specific “*neurotransmitters*”.

Hmmmm... Was that “*Liver*” and “*Neurotransmitters*”?

Do you also remember my story about how alcohol was a trigger for my migraines earlier on? Well consider this – what is recommended to people the day after they have consumed lots of alcohol to help alleviate the affects of a hangover or too much alcohol consumption?

Wait for it... **BEROCCA!**

(Depending on your country of residence it may have another name. In Australia and New Zealand "Berocca" is used as a 'pick me up,' and often recommended to be taken the morning after a BIG NIGHT!)☺

And what is Berocca rich in?

You got it – “B VITAMINS”

And what do B Vitamins assist with?

That’s right - “LIVER FUNCTION”

Are you starting to see the pattern?

So now that I had discovered the missing link I began to consume Feverfew combined with B Complex Vitamins....

Did this cure my migraines?

Yes absolutely...I'm pleased to announce that I no longer suffer from migraines.

Did this cure all my headaches?

Not quite...

There was still something missing.

Now lets move on to another important element.

"MAGNESIUM"

According to the Office Of Dietary Supplements, [Magnesium](#) is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant.

So what did I do?

I added Magnesium to the combination of Feverfew and B Complex.

You see, 50% of total body magnesium is found in “*bone*”. Why do migraine sufferers visit Physiotherapists and Chiropractors? What part of the body do Physiotherapists and Chiropractors specialize in?

That’s right, “*muscle*” and “*bone*”.

Do you get the picture?

"The Secret" revealed.....

I finally discovered the secret lies in the **quantity**, and that was the key.

I discovered that by taking higher dosages of Feverfew, Vitamin B and Magnesium, it would reduce my

headaches. The higher the dosage the less frequent the headaches and the lower the severity, to the point where I now can proudly claim to have cured myself and mastered migraine.

I have conducted extensive research on some of the most popular natural products on the market worldwide, and I've discovered the products that are getting the best results, all have a B vitamin in their ingredients.

Interesting isn't it?

I personally take 1360 mg of Feverfew, 400 mg of B2 Riboflavin, 150 mg B6 of Pyridoxine, 150 mg of B9 Folic Acid, and 400 mg of Magnesium. This is my personal daily intake. I take half this amount after breakfast, and the second half at night after my dinner. I find it best to consume these dosages immediately after eating to assist with absorption.

Understand Your Body.....

I want you to understand that temporary relief to migraines is gained in many ways, but prevention is the most important part of leading a normal healthy life.

Prevention is understanding what your [body is deficient in](#), and then building up that deficiency to prevent the reoccurrence of migraines.

So now we have some idea of what the body needs to master migraine/headaches.

So what are the quantities that should be taken?

That's a tough question to answer because each of us is different.

But in my experience a daily minimum should be: B2 Riboflavin 400 mg, Magnesium 360 mg, Feverfew 100 mg. You should consider this as your starting point and you should test your results, the severity and frequency.

After a short period if there's been little to no improvement try adding B6 Pyridoxine 150 mg and B9 Folic Acid 150 mg, along with an incremental increase in the Feverfew dosage.

If you are getting results and your migraines/headaches have improved, then you can slowly increase your dose if necessary.

ALERT!

My daily intake of these vitamins is high. If you wish to try these higher dosages to treat migraines do so incrementally, and always follow the instructions and dosages on the labels. People who have kidney or heart problems should supplement magnesium only under medical supervision.

Other products that have assisted me greatly are described in the following chapters.

You can find all the best quality products described in this chapter on our website. [CLICK HERE](#)

Chapter 7

Other Factors.

Goji.....A Food Like No Other!

If you recall, back in chapter 3, we made mention of the tribes people of the Hunza Valley in the Himalayan Mountains. Well granted there are probably quite a few variables as to why these people seem to live very long and healthy lives, not least, that the area is pristine in nature and does not have the pollution levels of most big cities around the globe. The food supply is much more pure and natural than in those parts of the world that now depend so much on processed food, which unbeknown to the majority of people is the root cause of numerous health problems, as

many nutrients that are vital to our health and wellness are often lost in the processing.

In the Himalayas there grows the goji berry. In fact several different varieties of goji berry grow there, but one very special breed of berry that the Hunza and also many Tibetan and Chinese people have been eating for centuries, is that of the genus [Lycium Barbarum](#). We've listed a few benefits of consuming goji below, as listed in Dr. Earl Mindell's book "Goji: The Himalayan Health Secret". If you're not familiar with this wonderful little fruit, you may well find the list below, a bit hard to believe.

- 1) Extends life, protecting your body from premature aging*
through its powerful antioxidant action
- 2) Increases your energy and strength, especially when fighting disease*
- 3) Makes you feel and look younger. Goji stimulates the secretion of HGH (human growth hormone), the "youth hormone."*
- 4) Maintains healthy blood pressure*
- 5) Reduces cholesterol*
- 6) Promotes normal blood sugar in early adult-onset diabetes*
- 7) Enhances sexual function and treats sexual dysfunction*
- 8) Helps you lose weight*

9) Relieves headaches and dizziness (migraine sufferers take note!)

10) Relieves insomnia and improves quality of sleep

11) Supports eye health and improves your vision

12) Strengthens your heart

13) Improves disease resistance

14) Builds strong blood, enhancing production of red blood cells, white blood cells and platelets

15) Supports healthy liver function (migraine sufferers take note!)

16) Treats menopausal symptoms

17) Prevents morning sickness in the first trimester of pregnancy

18) Improves fertility

19) Strengthens your muscles and bones

20) Improves your memory and recall ability

21) Supports normal kidney function

22) Helps chronic dry cough

23) Alleviates anxiety and stress (migraine sufferers take note!)

24) Promotes cheerfulness and brightens your spirit

The locals in the regions mentioned, like to refer to goji as the 'happy berry'. Relatively new areas of scientific research on goji, has identified in lycium barbarum, 4 unique polysaccharides (master molecules), that are vital to the health and functioning of every cell in our bodies.

This scientific research, as well as confirming what the Himalayan people have known for centuries, has also uncovered even more far-reaching benefits for those who consume goji, also, as listed in Dr. Earl Mindell's book "Goji: The Himalayan Health Secret".

` Cancer prevention

` Cancer treatment

` Inhibition of tumour growth

` Reduction of the toxic effects of chemotherapy and radiation

` DNA restoration and repair

(preventing mutations that can cause cancer)

` Improvement in immune response

(T-cell, IL-2, IgA, IgG)

` Treatment of bone marrow deficiency

(stimulates red and white blood cells)

` Improvement in lymphocyte count

` Activation of anti-inflammatory enzymes

` Inhibition of lipid peroxidation

(a cause of heart disease)

` Treatment of weakened digestion

` Rejuvenation of blood

Dr. Mindell has been quoted as describing the Himalayan goji berry as ["The biggest discovery in nutrition in the last 40 years!"](#) Time Magazine calls the Himalayan Goji Berry the "Breakout Super Fruit of the Year!"

Apart from experiencing the delicious taste and some benefits of Goji Juice, we find it fascinating the number of people around the world who have had some amazing experiences from consuming it every day, and we've included a few testimonials;

It Doesn't Hurt Anymore.

I have been using Goji juice now for about 5 months. It has made a big difference. I had surgery on my right ankle many years ago and have suffered extreme shooting pain in that ankle every time it rains, gets cold, or just feels like being a pain. I didn't realize for awhile after drinking Goji Juice that the pain wasn't there any longer. It was on a cold rainy night at work when a fellow operator asked me how my ankle was holding up. I said, it doesn't hurt. I didn't realize what I had said for a few seconds and then the light went on. My ankle doesn't hurt, and I can't remember the last time it did or the last time I limped around the plant because of the pain. So, for me, I will never stop drinking "The Juice"!

Dennis Menikheim, California
2/23/06

Sinus trouble cleared up!

Since drinking Goji Juice, my blood pressure has reached a normal level. My Sinuses are now completely clear and this means no more nasty operations. I started taking Goji October 2005 and it has given restful nights without having to take a pain relief tablet for sinus.

Warner Smith, Australia
2/25/06

Severe Migraine Problem

For many years I've had a history of moderate to severe migraines with light sensitivity and nausea often triggered by the barometric pressure from change in temperatures as well as hormonal changes. Since being on the Goji(2 months) no more migraines and change in weather doesn't get to me. My hormones are balanced too! I only regret not having found Goji juice years ago!

Shelly Bredemeyer, Arizona
1/18/06

Inflammation and Headache Thing of Past

My wife was suffer a severe inflammatory on her left side of her body for almost one year. This was from her left hand side down to her left foot. Aside from these, she was suffering a severe headache every time her monthly visit. After taking 2 ounces of GOJI juice daily for almost 1 week all of her pains in her body was gone. As of this time, all of us in my family drink GOJI juice everyday. No matter how it's "COST".

Nick M. Zidon, Philippines
12/11/05

You may like to look into trying Goji Juice for yourself, as some people find it enables them to master their migraine, and it may help you with yours. Be aware that there are varying degrees of quality when it comes to the Goji Juice that can be obtained on the internet or in health stores.

Only one Goji Juice, and the best on the market, is the product that retains the vital nutrients of the Goji Berry,

due to its unique cold processing techniques of extracting the juice from the freshly picked Lycium Barbarum berry, without drying the berries first.

Therefore they retain all of the vital nutrients and polysaccharides during the conversion from berries to juice. For information on this unique product, please [CLICK HERE](#). On that point, I will leave the final word on Goji Juice with this gentleman:-

Blood Sugar and Pressure both Down

I'm a 63 yr old Diabetic on insulin. And I have High Blood pressure. I was told that I would be on some kind of medicine for the rest of my life. When I was told about Goji juice I purchased two bottles. I then saw on the internet a Company selling Goji for less. I bought a case because it cost less. I sold the two bottles from (omitted) to another diabetic. His blood sugar came down and the less expensive juice did nothing for me and no refund!

I was then sent two bottles of (omitted) Goji juice. My blood sugar is down 170 points. My blood pressure is down so low that my doctor has reduced the amount of medication I am taking. As a new M.E. I want to help others to experience the benefits of Goji too.

Sleep well, Be Healthy

Arthur, Los Angeles CA
2/27/06

Footnote:-

Dr. Earl Mindell is world renowned as the Father of the Nutritional Revolution. For more than 40 years, he has pursued one mission: to bring optimal health to everyone in the world. A master herbalist and registered pharmacist, Dr. Mindell holds a Ph.D. in Nutrition. He has authored 50 books, including the Vitamin Bible with more than 10 million copies sold worldwide.

[CLICK HERE](#) to learn more.

Great Accessories!

Posture and Sleeping.

An important aspect that should not be overlooked by the migraine sufferer is to strive to maintain good posture, and in particular, whilst sleeping. To do so requires a great therapeutic pillow and we regard these pillows as the best quality product on the market.

Please [CLICK HERE](#) for more information.

Brian has used these pillows for many years and they have assisted him greatly with sleep, comfort and posture to help alleviate his migraines. Brian swears by this product! This is what he says -

" These pillows are truly amazing and have given me years of relieve and comfort. A proper nights sleep is so VITAL because most of my migraines started when I first woke up in the morning, so therefore if I could make sure I had the most comfort for my head and neck during the night then this would reduce my headaches/migraines considerably. Every migraine sufferer should use these pillows, I take my pillow with me even when I travel. Great product!"

Complete Sleeprrr™

... [the totally adjustable contour pillow](#)



Therapeutically designed

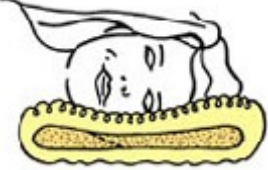

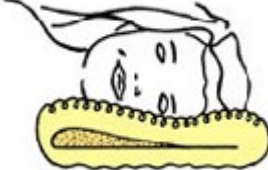


Two easily removable/re-workable inserts allow you to change the shape and height to suit your comfort and postural needs. Pillows made-to-measure.

Takes the risk out of your pillow being too high, too low, too hard or too soft. It's all so simple. One size suits all!

Complete Sleeprrr Memory™ Foam *Original* one of 3 versions of CompleteSleeprrr.

Benefits

- Features 'higher' and 'lower' sides as well as contour variance for maximum individual support and comfort for side or back sleeping.
- The pillow's clever design encourages side sleeping which is beneficial in enhancing breathing (and which may also be helpful in minimizing light snoring).
-
- Scalloped under-edges allow shoulder (when side sleeping) to slip snugly under pillow for close-knit fit.
- Head and neck are cushioned and supported during sleep.
- May assist migraine and headache sufferers and others who suffer from neck stiffness or pain.
- Designed to help alleviate and avoid neck and shoulder stress and muscle stiffness in both 'new' and 'old' injuries.
- Foam 'noodles' in core foam surface can be removed to make for an even softer surface.
- May assist asthma sufferers and others who require clear breathing patterns.
- Pillow's contour may help minimise light snoring by enhancing the airway through encouraging better spinal alignment.
- Channels in the core-foam surface, combined with the open-weave inner cover, allow air to circulate, for cooler, healthier sleep.

		
<p>CompleteSleeprrr with both inserts in, ideal for average and above-average frame persons.</p>	<p>The 2 removable inserts allow you to change the shape and height to suit your personal comfort needs. It's your choice.</p>	<p>For those with longer necks, simply leave in one insert under the neck, on either side, and remove the other</p>
		
<p>For those with smaller physiques, use without an insert under the neck for the comfort and support mix that's right for you.</p>	<p>With both inserts out it's now ideal for back sleepers, smaller-framed adults, and children</p>	

Memory TM Foam ... "feeling is believing"



Created for the North American space programme, Memory Foam is temperature-sensitive and responds to your body's warmth and moulds and shapes to your neck and head for optimum comfort and support.

Complete Sleeprrr Memory™ foam Original version:
The super-soft Original version - for those preferring a
softer / lower pillow.

Also available a heavier density Memory™ foam Plus
version - for average and above average physiques & for
those needing a 'full bodied' pillow for firmer support.

... And you select the softness



You can also change the surface density of Complete Sleeprrr to suit your own comfort needs. For an even softer feel simply take out the foam 'noodles' that are positioned within the channels in the pillow's surface.

If you do remove some or all of them to enhance the initial softness, then store them for possible later use after natural softening of the pillow has occurred. Each channel can take up to three 'noodles' together, so re-plump support where it's needed most - under your neck!

International Distribution

For availability in all countries simply [CLICK HERE](#).

Size

Memory: 38 cm wide x 52 cm long x 12 cm & 11 cm high.

Patents and Trade Marks in force world wide.

Australian and New Zealand Patents, design registrations and trade marks.

European Patent no 95901282 4. US Patent 5,732,427 US TM 2,034,410. Canada Pat 2,180,943 TM 780830.

South Africa, Swedish & Israeli Patents. International pat AU/94/00726.

Memory Foam TM Applied

We believe that by sleeping on this type of great quality pillow that alignment of spine, neck and head can be maintained and minimize the risk of aggravating or creating the onset of a migraine. Please [CLICK HERE](#) for more information.

Flex-Ice.....

Flexi-Ice is new type of cold/hot pack product that is widely used by sporting professionals as well as physiotherapists, osteopaths and other health professionals in the treatment of muscular and joint

ailments and injuries. In our experience, using Flex-Ice, either as a cold pack, or sometimes as a hot pack, can provide some relief at the onset of a migraine.



**A. New Innovative Product - [Changes colour when cooled.](#)
THIS IS A WORLD FIRST & AN INTERNATIONAL SUCCESS.**

When Flex-Ice is cooled, the unique Flex-Ice gel inside turns white to look like ice. This gives two main advantages over other ice packs:

1. When the pack is cooled and has formed a soft white paste 'Flex-Ice', it is guaranteed to be sufficiently cold enough to deliver a recommended treatment.

2. Overtime the soft white paste will ‘melt’ and return to a clear gel. When this occurs the pack has delivered a recommended treatment - taking the guesswork out of application for you.

B. Pack design.

Flex-Ice packs are designed so the gel doesn't ooze away from the treatment area when pressure is applied. *This is very important if the pack is going to work effectively.* Place the gel pack you currently use over your arm or leg and apply compression as you normally would. Does the gel move to the sides? If it does, it fails the pressure application test. Flex-Ice retains a thick layer of gel, effectively encasing the treatment area in a flexible block of ice.

C. Pack Size.

Our standard pack size (15x24cm) will successfully treat most injuries. To treat larger areas we have an XL pack (15x48cm). This is the ultimate in gel packs and has 4 separate gel compartments ensuring effective application along the total length of the pack. Great for the low back and S.I joints.

Flex-Ice can be obtained by clicking on this link,
[CLICK HERE](#)

Conclusion!

Well, there you have it; our solutions to what can be a lifetime affliction for millions of people worldwide. So, don't forget, the secret to Mastering Migraine is to take only good quality [natural supplements](#):-

Feverfew - 100 mg daily;

Magnesium - 400 mg daily;

Vitamin B2 (Riboflavin) - 400 mg daily;

And if your migraines are still persistent then add the following to the above supplements:-

Vitamin B6 (Pyridoxine) - 150 mg daily;

Vitamin B9 (Folic Acid) - 150 mg daily.

We strongly recommend the daily consumption of top quality Goji Juice. It is totally natural and has an abundance of health and life enhancing qualities like no other food on the planet. The Himalayan people don't call the Goji Berry the ["happy berry"](#) for nothing.

We advise that you review your diet. Beware the much touted high carb - low fat diet, as it is not necessarily the right way to be eating. I cannot go into much more detail on this subject here - perhaps it can be the subject of another book, but I encourage you to do some research on the topic and you will find that many of the foods that have been introduced over the past thirty or so years, with the

words 'lite', 'diet', 'low fat' and more recently 'no fat', are nowhere near as good for your health as the clever marketers and makers of these foods would have us believe!

Sleep on a [top quality contoured therapeutic pillow](#), to allow yourself to gain a comfortable and undisturbed night in bed, whilst maintaining the correct posture.

Treat the early onset of a migraine with Flex-Ice to the [neck or side of the head](#) on which you are experiencing the pain, to give some much needed relief.

Get some regular exercise happening in your life. Even as little as a good brisk walk for twenty minutes every day or second day, will help to circulate the blood around your body.

Keep yourself hydrated. Drink plenty of good clean, and preferably, carbon filtered water every day. Your body and brain depend on it.

Please don't expect there to be overnight success, (although not improbable). It can take as much as 90 days to get results so please be patient, but if, after this time you have experienced little or moderate improvement then

consider increasing the dosages slightly of the Feverfew, Magnesium and B2 Vitamins or indeed the Goji Juice. Also consider adding B6 and B9 if your headaches and migraines are stubborn. Then level off at what you think is right for you. You know your body better than anyone else. Just remember to always follow the recommended amounts on the label.

If you wish to receive ongoing advice, then visit our advisory service in which we can help to guide you with products that best suit your needs. Our advisory service costs just \$19.97 for 90 Days in which you will also receive daily reminders via email reminding you to take your supplements. We want to help you regain control of your life, and sometimes we forget to do certain things that could be helping us on the road to recovery, therefore by providing the advisory service we can help you to remember to take your supplements and help you to get on with life - Pain FREE! Why do we provide 90 Days advisory? Because we believe that 90 days is long enough for you to gain results and also form a lifetime habit.

We sincerely hope that you will take on board our recommendations, and that our experiences in Mastering Migraine will turn out to be equally as successful for you. To learn more about Goji Juice, Therapeutic Pillows or Flex-Ice and our range of best quality supplements simply [CLICK HERE](#)

Finally, here is some recommended reading for those of you who have a keen interest in taking control of your own health.

Goji: The Himalayan Health Secret, by Dr. Earl Mindell;

The Doctor's Heart Cure (How to build an impregnable heart today - without unnatural diets, dangerous drugs and time-wasting aerobics), by Al Sears M.D.

These great publications can be obtained from MigraineCentre.com Just [CLICK HERE](#).

All that remains for us is to raise our glasses of Goji Juice and toast your improving -

"Good Health and Good Fortune".

Michael

Brian

P.S. This is the first edition of Mastering Migraine, but it is not the last. It is our mission to continually update our publications and website and keep our readers informed, so that we provide you with the latest information and access to the highest quality nutritional supplements and accessories that will assist you in your quest to master migraine!

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The End.