



Migraine

for healing the body naturally!

Migraine patch™ is a non-drug product that was developed as a complementary therapy program that is accepted by Doctors and Practitioners as an aid to support temporary relief from migraines.



Symptoms of migraine

Vision disturbances, or aura, are considered a warning sign that a migraine is coming. The aura occurs in both eyes and may involve any or all of the following:

- A temporary blind spot
- Blurred vision
- Eye pain
- Seeing stars or zigzag lines
- Tunnel vision

Other warning signs include yawning, difficulty concentrating, nausea, and trouble finding the right words.

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The headaches usually:

- Start as a dull ache and get worse within minutes to hours
- Are throbbing, pounding, or pulsating
- Are worse on one side of the head with pain behind the eye or in the back of the head and neck
- Last 6 to 48 hours

Directions: Once you feel a migraine coming on, attach (one) migraine patch to the left temple for temporary relief. The migraine is considered a central nervous system disorder and therefore activates a cascade of biochemical reactions that may trigger an inflammatory response and overexcitement of the trigeminal nerve, a major pain pathway which controls sensation in the face and head. **For Prevention:** to prevent migraines, we recommend to wear the migraine patch on your upper left shoulder, replace every (3) days.

Migraine

A migraine is a type of headache. It may occur with symptoms such as nausea, vomiting, or sensitivity to light. In many people, a throbbing pain is felt only on one side of the head.

Some people who get migraines have warning symptoms, called an aura, before the actual headache begins. An aura is a group of symptoms, including vision changes. An aura is a warning sign that a bad headache is coming.

Causes

A migraine headache is caused by abnormal brain activity. This activity can be triggered by many things, but the exact chain of events remains unclear. Most medical experts believe the attack begins in the brain and involves nerve pathways and chemicals. The changes affect blood flow in the brain and surrounding tissues. Migraine headaches tend to first appear between the ages of 10 and 45. Sometimes, they begin later in life. Migraines may run in families. Migraines occur more often in women than men. Some women, but not all, may have fewer migraines when they are pregnant.

The exact cause of migraine is not fully understood. For a long time, the generally accepted theory was that migraine and its symptoms were caused by problems in the blood vessels of the head. Recent research, however, has shown that, while blood vessel constriction can result in pain, the cause of migraine, itself, is likely rooted in a disorder of the central nervous system.