

# **The Natural Headache And Migraine Relief Program**



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# What Causes Headaches & Migraine

You're suffering a beaming headache. It's like ten church bells going on at the same time in your head. You may feel like the room is spinning and you may see white sparks all around you in the room.

You're either knowingly or unknowingly suffering from a terrible condition called migraine.

Even if you've never considered your self a migraine patient, you are indeed one if you have frequent headaches.

You see, all headaches and migraine are caused by the same underlying triggers!

Even infrequent, mild headaches are caused by the same triggers as the worst migraine attacks and can be avoided using the same methods.

And they're all generated from a small part of the brain called the hypothalamus.

Don't worry, I'm not going to get to technical here, but it's good for you to get the general idea of how headaches and migraine happen in order for you to permanently avoid yours.

## **Actually, it begins with a trigger on the Hypothalamus.**

The hypothalamus is like an automatic control center for the body, so you don't have to think about all the bodily functions like to regulate body temperature, certain metabolic processes, and other autonomic activities. It's also closely connected to the physical senses (sight, hearing, touch, taste and smell) and your emotions.

Now, the important part for you is that if the hypothalamus experiences some threat (we'll call them triggers) in the system, it will send out messages to the blood vessels around your head, face and neck to swell up and inflame

...causing you the horrible headaches and migraine symptoms.

Now, this is a necessary survival function. Your body actually thinks that it's protecting you from harm by giving you headache.

### **Let me give you an example:**

You know how strong perfume can trigger a headache or heavy head. What happens is that the perfume triggers the hypothalamus and it actually senses the perfume as a dangerous poison.

Now think if it was actually a dangerous poison you were inhaling, your headache would then warn you about something dangerous going on and tell you that you needed to get away.

### **This could very well save your life!**

And like you'll learn later in this book, your headache may very well save your life if you use it well.

Because your daily habits, which trigger the hypothalamus to cause you headaches, are actually harming you and you need to change them.

The headache is just a warning sign!

In the same way, you must learn to listen to your headache. You must look out for what you did before you got headache. If you notice a pattern, something special you always do before you get a headache, then that's one of your triggers.

The problem is when your hypothalamus is too sensitive if it can't functionally process regular, harmless things and always sends you straight over the limit when triggered with the smallest trigger.

This is the case for most migraine patients.

But being hypersensitive to headache triggers is not the only reason you're suffering on a daily basis. There may be several triggers in your life, triggers you are not aware of. Daily habits you're so used to that you never thought of them as headache triggers.

Those triggers lower your level of tolerance for headaches and make you more sensitive than you otherwise would have to be.

### **Let me explain this a little bit better...**

The hypothalamus acts on hundreds or even thousands of triggers every day. It's usually not only one or two triggers that put you over the limit (causing your headache), it's the combination of many small and big triggers.

Lets say for example that coffee, chocolate, stress and strong sunlight could all work as a trigger to your migraine. This is only an example and these may not be YOUR triggers.

Now, if you drink five cups of coffee and eat three chocolate bars while working out in strong sunlight on a project you should have finished two weeks ago with your boss calling you every two minutes. Then I can pretty much guarantee that you'll lay in bed suffering a migraine attack the next day or week.

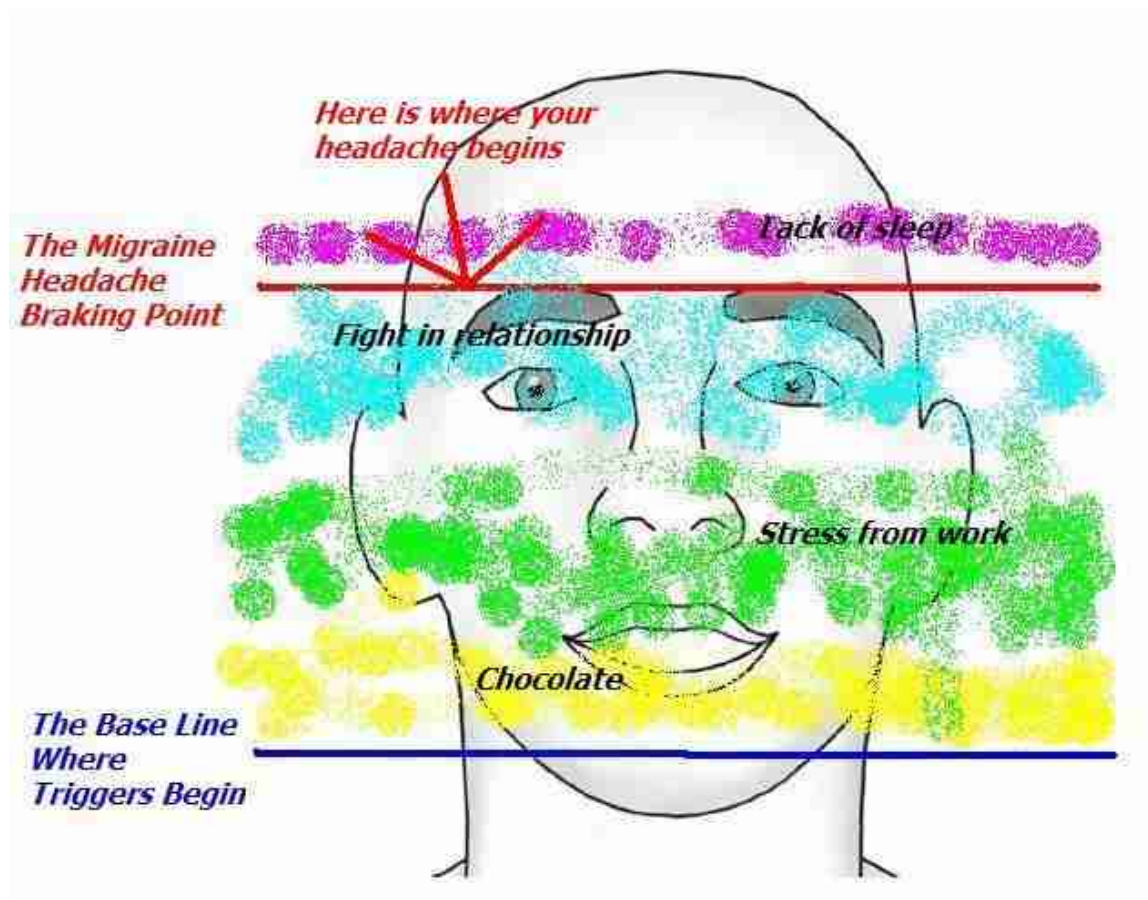
### **You simply overdid it!**

On the other hand, if you enjoyed a couple of hours on the beach while on a relaxed vacation without any coffee or chocolate and with your phone turned off, you most likely won't feel anything except happiness.

### **Because the triggers add up to a breaking point!**

Somewhere in your hypothalamus, there is a line you simply can't cross. If you do, you'll suffer.

I call this line the breaking point (see picture).



Below, there is another line called the base line. This is the point from where triggers begin building up in your brain.

If the triggers building up from your base line do NOT cross the breaking point, you're fine.

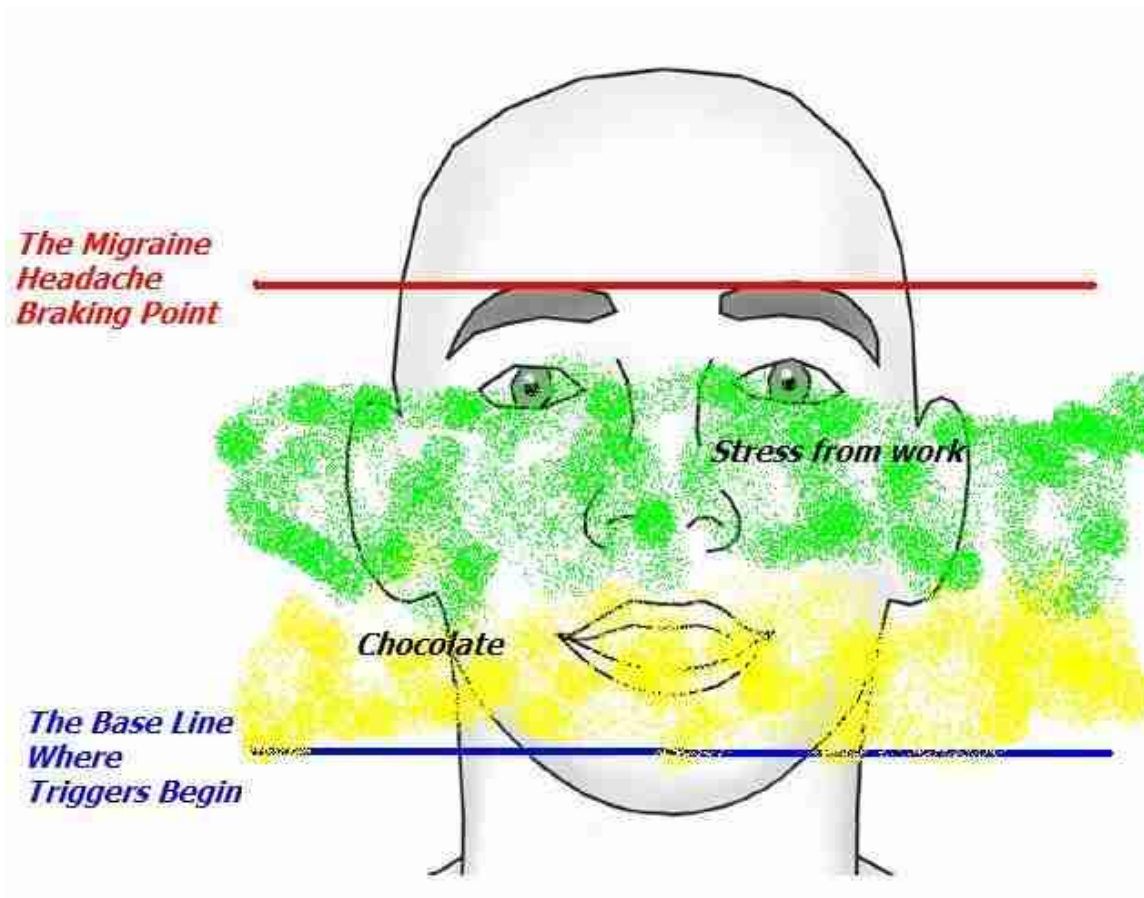
**You won't feel any pain!**

But as soon as they do cross the line (the breaking point), your hypothalamus will send out a message to the veins in your head to swell up and you'll suffer a horrible migraine or headache attack.

On the picture above, you see that the man has overdone four major triggers: chocolate (yellow), stress from work (green), stress in his relationship (turquoise), and lack of sleep (pink).

You see how little he crossed the braking point. If he had only avoided one of these four triggers, he would probably have been fine and not needed to suffer from a migraine the next day when he woke up.

If he'd avoided two of these triggers, and even if he increased the other two, the picture would have looked like this and he wouldn't have suffered at all:



He could also have reduced each trigger by 50% and it would have been enough to avoid his condition.

For some migraine and headache patients, the breaking point is very low. For others, there are simply too many triggers in their life. For most, it's the combination of both.

It's very tough to lift the breaking point (although the approaches in the program will actually do that to some degree), so **your main goal is to get rid of as many migraine triggers as you can.**

This will keep your trigger level below the breaking point and you won't have to suffer again.

The good news is you don't have to get rid of everything in your life. There are five major universal migraine triggers I've found in almost every migraine patient I've helped.

Getting rid of or decreasing these five major triggers is usually enough to get the migraine under control. These triggers are:

- **Medicines**
- Wrong Diet
- **Lack of Quality Sleep**
- Emotional Stress

- **Physical Tension**

In this program, I'll give you detailed step by step guidance on how to lower or get rid of each of these major triggers.

I'm also going to teach you about 24 minor triggers you may want to look out for in addition to these five major triggers.

So lets look at the first major trigger, medicines and pain killers, and twelve ways to sooth your pain naturally instead of having to use drugs...