

I believe that these are nasty, but have not suffered them.

A migraine is not just a severe headache, it is recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea, vomiting and disturbed vision.

There is a strong link between migraines and depression. Sufferers live in fear of the next attack = stress.

A problem is that migraine sufferers also have difficulty in managing everyday affairs, and that there are problems in social and emotional functions that don't necessarily get picked up when doctors talk to patients about their headache histories.

One of the most commonly expressed frustrations is that these headaches control their lives. They'd like to have control back. They often feel depressed. Depressed people are more likely to have migraines.

Remove all negative emotions. Don't hold grudges. These only harm you, not them. Don't think or speak about depressing people and things. It might mean not reading some publications.

Lack of oxygen

A lack of, or slightly low oxygen over long periods, can cause repeated headaches or migraines.

Low oxygen can cause nausea and vomiting as well as a sense of unreality and leg cramps if your magnesium is low. Take a Thompson's organic magnesium with vitamin B6 tablet.

Don't drive your car with air on recirculation. If parked in the sun all day leave all the windows down a few cm. The bad air in cars from the upholstery cooking, especially leather, can also cause breast cancer. A woman in Auckland worked from her car going to appointments and had her car air on recirculating all the time, even when she travelled distances to Hamilton. I warned her. She got breast cancer. In China those who had house windows open got fewer health problems, including less cancer, than those who closed them to keep the bad air out.

Does your office have fresh air or only recirculated air? If necessary go outside with your cuppa and lunch and breath deeply while out there.

Do you drink enough good water. Read Water.

Eliminating toxic foods have helped some reduce or eliminate migraines

Muscle testing diagnoses them for some. The commonest foods causing reactions are wheat (78 percent. Most wheat now contains Roundup), oranges (65 percent), eggs (45 percent), tea and coffee (40 percent each), chocolate and milk (USA grain-fed milk 37 percent), USA grain-fed beef with its built in fat (35 percent), and corn, cane sugar, and yeast (33 percent each).

When about 10 common bad foods were avoided there was a dramatic fall in the number of bad headaches per month, 85 percent of patients becoming headache-free.

Most wheat is sprayed with Roundup to dry it evenly and quickly. Spraying with Roundup causes many farmer users to suffer headaches.

USA foods are more affected by sprays and toxins. Their beef and milk are grain-fed whereas ours are pasture-fed which is natural for ruminants that developed on grasses over millions of years, and have only been on grains for decades. In New Zealand where most dairy and beef products are pasture-fed, they are more palatable to humans than grain-fed. Lewis Road Creamery organic milk has no toxic supplements such as Palm Kernel PKE so is more palatable than the other milks.

When NZ Dairy farmers convert to grazinginfo.com produced milk, they prefer their own milk. Read 'Milk Profit & Quality' in the Dairy Chapter. Three years after converting to www.grazinginfo.com Fonterra gave them a Top Quality Milk Certificate, but didn't ask the farmer what he did to achieve it.

Roundup gives some users headaches. Does anyone near you use it?

Are food allergies causing your migraines?

Some of the top migraine-inducing foods include wheat and sugar sprayed to dry before harvesting, maize grown in Roundup sprayed soils, yeast, citrus and eggs. I don't know why these three, but bodies are strange, and act differently.

Processed foods in general can also contribute to allergies for a number of different reasons, and

most processed foods contain a variety of food colourings, flavours, preservatives, and other additives that may promote headaches and migraines. Both aspartame and MSG are notorious for causing headaches and triggering migraines. Besides noting whether or not your migraines typically occur after eating a specific food, additional questions that can help you determine whether or not you might have a food sensitivity or allergy are -

- Do you eat too quickly? If so, it could be a cause of not enough saliva being taken down. It is the first digestion juice. Suck a hard, Macintosh or similar toffee, makes a lot of saliva to help digestion. Some people are allergic to some of the many Macintosh toffees made, while others are fine.
- Do you experience bloating after meals, gas, frequent belching, or any kind of digestive problems?
- Do you have chronic constipation or diarrhoea?
- Do you suffer a stuffy nose after meals?
- Do you have low energy or feel drowsy after eating? Lying down for a while improves digestion.

Muscle testing

I muscle test everything I eat. Avoiding the bad ones has helped tremendously. Batches can vary. It takes only seconds to do and for most is extremely accurate. Read Muscle Testing in Human Health.

By Dr. Mercola wrote -

An estimated 26 million Americans have migraines. Approximately 80 percent of them are women. About one in five women get migraines and only one in 16 men get them, according to migraines.org. About 60 percent of women affected have menstrual-related migraines, meaning they tend to coincide with their menstrual cycle.

A migraine headache is characterised as an intense throbbing or pulsing headache, typically in one area or side of your head, and is commonly accompanied by nausea, vomiting, and extreme sensitivity to light and sound.

Those who have never had a migraine before can be very frightened with the neurological symptoms. The visual problems are most problematic as a migraine can simulate a stroke where you start to have disturbed vision and even short term visual loss and flashing lights.

Migraine attacks can cause debilitating pain for several hours to several days. Some people experience "aura" sensations before an attack. These are sensory warning symptoms, such as flashes of light, blind spots, or tingling in an arm or leg.

Aiding digestion

A Probiotics capsule daily like Inner Health Plus can fix digestion problems from bad antibiotics and other allergic items in a day or two. I've never had a migraine, but have a sensitive digestion system so take one with every evening dinner, with excellent results.

Keeping a complete food diary is the easiest way to start tracking down potentially migraine-inducing foods, as well as foods that cause other symptoms of sensitivity. Keep in mind that eliminating your migraines is not the only health benefit you can reap from identifying food allergies or sensitivities. Eliminating food antigens is also critical for gut health. Medical science is now beginning to realise just how important your gut is, not just for physical health, but emotional and psychological health as well.

Chemicals in homes

These, including detergents, soaps, powders, creams, sprays, mercury, etc., can all cause problems.

Foods

A six-week long diet restriction produced a statistically significant reduction in migraines . If you notice your migraines start up shortly after eating a specific food, then that's a good place to start. Keep in mind that you can also be sensitive to food additives like artificial colours, preservatives, flavour enhancers (such as MSG) and aspartame, so read the food labels, and note the ingredients in your food journal.

One of the best things you can do if you believe you are suffering from a food allergy is to do a diet elimination challenge. Simply remove all foods that contain what you believe you are allergic to and see if your symptoms improve over the next few days. Keep in mind that depending on your typical

migraine frequency, you may need to avoid the suspected food for a few weeks in order to evaluate whether it had an effect or not.

To confirm the results, you'll want to reintroduce the food or drink (on an empty stomach). If the suspected food is the culprit you will generally be able to feel the allergy symptoms return within an hour, although migraines can sometimes have a longer lag time than, say, bloating or drowsiness.

Diet for migraine relief

- Eliminate all gluten products.
- Eliminate all artificial sweeteners, especially aspartame. Some get a guaranteed migraine if they consumes any aspartame (very sweet item). Even if you don't get migraines, there simply is no reason to ever consume aspartame. Manuka Honey and Maple Syrup (contains a little copper that reduced my going grey) are far better.
- Eat unprocessed whole foods.
- Often eat raw or only lightly cooked (ideally, try to eat at least one-third of your food raw, or as much as you can manage).
- Eat organic or grass-fed, and free from additives and genetically modified ingredients.
- Source your food from high-quality, local sources.
- Get your carbohydrates primarily from vegetables (except corn and potatoes, which should typically be avoided). Dramatically lowering your intake of non-vegetable carbs could improve leptin and insulin signalling which could also improve migraines.

I believe a return to "real food" is one of the most profound interventions for the 21st century. We've strayed so far from the foods we are designed to eat, going back to basics and refocusing your diet on fresh, whole, unprocessed, "real" food can improve just about anyone's health, regardless of what health issues you need to address.

Helpful supplements

Are there supplements or medicines you are taking that could be a cause?

Go off one a time to see.

In terms of supplements that might be helpful for migraines, one of the most critical is ubiquinol (the reduced form of Coenzyme Q10). According to experts like Dr. Robert Barry, an underlying problem involved with migraines is mitochondrial dysfunction. Ubiquinol plays a vital role in ATP production, which is the basic fuel for your mitochondria. Your body does produce ubiquinol naturally, in fact it is the predominant form in most healthy cells, tissues and organs, however, with rampant pollution and poor diet, mitochondrial dysfunction has become increasingly common.

Other dietary supplements that can be helpful for migraines include -

- Magnesium. This is probably the most important one as it contributes to relaxing the brain blood vessels that cause the pain. The best magnesium supplement I know of is Thompson's Organic Magnesium.
- Interestingly, some of the best drugs used to treat migraines are calcium channel blockers, and that is how magnesium works. Thompson's Organic Magnesium is far safer, better and more natural than a calcium channel blocker. Vitamin K2 is far better than anything at getting the best out of calcium.
- Vitamin B2 (riboflavin).
- Vitamin B6.
- Vitamin B12.
- Folic acid.

If the supplement is the right one, results could take three to six months.

Read Exercise. It is something that should also be considered as important. Leg lifting is easy, free, non-damaging and reduces the tummy, eases the back and most importantly increases oxygen absorption that helps the brain and your lungs.