

Migraine

Overview

Although any head pain can be miserable, migraines are often disabling. In about 15 percent of cases, these painful headaches are preceded by a sensory warning sign (aura), such as flashes of light, blind spots or tingling in your arm or leg. Migraines are also often accompanied by other symptoms, such as nausea, vomiting and extreme sensitivity to light and sound. Migraine pain can be excruciating and may incapacitate you for hours or even days

Signs and Symptoms

A typical migraine attack produces some or all of these signs and symptoms:

Moderate to severe pain 60 percent of migraine sufferers feel pain on only one side of their head, while 40 percent experience pain on both sides

- Head pain with a pulsating or throbbing quality
- Pain that worsens with physical activity
- Pain that hinders your regular daily activities
- Nausea with or without vomiting
- Sensitivity to light and sound

When left untreated, migraines typically last from four to 72 hours, but the frequency with which they occur can vary from person to person. You may have migraine headaches several times a month or just once or twice a year.

Cause

Although much about headaches still isn't understood, some researchers think migraines may be caused by functional changes in the trigeminal nerve system, a major pain pathway in your brain, and by imbalances in brain chemicals, including serotonin, which regulates pain messages going through this pathway.

During a headache, serotonin levels drop. Researchers believe this causes the trigeminal nerve to release substances called neuropeptides, which travel to your brain's outer covering. There they cause blood vessels to become dilated and inflamed. The result is headache pain.

Because levels of magnesium, a mineral involved in nerve cell function, also drop right before or during migraines, it's possible that low amounts of magnesium may cause nerve cells in the brain to misfire.

Benefit of SGS Therapy:

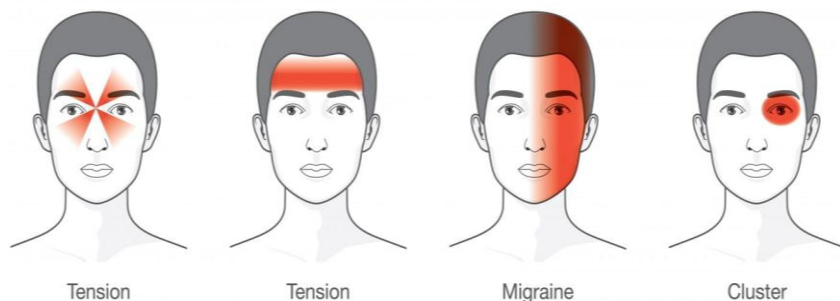
- Provides complete nourishment to the whole Brain with full blood circulation
- Provide the best possible Mineral profiling needed by neurons & neurotransmitters
- Maintain the high level of cortex part with cerebrospinal fluid
- Give support to boost the physiological work of brain & removes all type of pain in the brain.

Suggested Products:

SH&WK: OmegaSat: 1 soft gel 2 Times after meal

Minerjal: 7 drops 5 to 6 times in 200 ml drinking water

Alproxy: 1 tab 3 times after meal



Different types of headaches cause different types of pain. The pain of tension-type headaches is usually a dull, squeezing pain that may involve the forehead, scalp, back of the neck and both sides of the head. The majority of migraine headaches occur on one side of the head, but 40 percent of migraine sufferers feel pain on both sides of the head. Cluster headaches usually occur on one side of the head and some describe the pain as a stabbing sensation in the eye.

