

As a chronic migraine headache sufferer, only you truly understand the pain, disability and frustration of a migraine. You're afraid to hope that the next medication will be the answer because the disappointment that follows is too much. Or, if it does control the headaches, the side effects can make life even more unbearable. You're left without any answers. What is never explained to migraine sufferers is that, even if the headaches are controlled with medication, there is a constant, underlying process going on silently that is constantly damaging the very cells of your brain. If you can understand this process, protect your brain and begin to heal your brain cells from the inside, many times headaches can be eliminated, not just "controlled." That is what this eBook is about. Many of the topics discussed in this book may be new to you and may never have been brought up by your personal physician or neurologist. Unfortunately, there is a veritable chasm between the medical research and what doctors seem to share with their patients. The "standard" recommendations are usually decades behind the research I will be sharing with you. This is why every single comment is backed up by supporting medical research. Each topic has a link back to the website so that you can read the original medical article that the post was centered around. I have provided links in the resource section, if you want to do more research for yourself or are looking for products that will help you on your journey to better health. It is my hope that the concepts and ideas given in this book are going to help your understanding of your condition as well as help in improving your brain health and maintaining a healthy brain as you age. There are many tools that can positively impact brain health and longevity. I'm also introducing tools, called "Dr. Bogash's Recommendations," which will give you three things you can do right away to improve your chances of living a long and healthy life. In this book, you are going to learn: 1. What causes migraine headaches 2. Why it is incredibly important to fix the problems causing your migraine, rather than just blocking the headaches 3. Supplements that play a role in eliminating migraines 4. Lifestyle changes that have been proven to help with migraines As a side note, you will notice that some of these articles seem to address both migraines and seizures / epilepsy. Do not be confused! These two conditions have much in common and what works for one may work for the other. Happy reading!

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Cure for Migraine Headaches - Health & Healing in the Triangle Close your eyes and visualize that you are holding your brain between your in its path, designed to heal and repair, as it begins to flood into the cells of your Other people have also reported great relief from migraines using the above **Migraines And Epilepsy: How To Find Relief, Live Well, And Protect** If you have chronic headaches, this book can only make your life infinitely better. . She has led me down a path to a healthier happier life and for that I am truly **The Path to Phenomenal Health - Google Books Result** Dr. Matthews: Yes, but not always in every instance, and the path to cure can take many twists Notes Dr. Matthews, "Chronic daily headache progression affects your The second type of migraine works in the brain, on secondary reflexes. **Chronic Migraine Relief: Paths to Heal Your Brain - iTunes - Apple** Migraines, Headaches, Chronic Headaches): Read 19 Kindle Store Reviews - . Chronic Migraine Relief: Paths to Heal Your Brain Kindle Edition. **Migraines Chronic Care Charlottesville** Tension headaches are also known as stress headaches, chronic daily . about chiropractic care is that its a drug-free and surgery-free path to healing naturally. . Yoga clears

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