

# Red Clover MARKET

*Essentials for Healthy Living*

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## CONQUERING MIGRAINES

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If you suffer from migraine headaches, you know how painful and disruptive they can be. You may have been forced to explain to your boss and co-workers why you sometimes need to leave early or take days off from work. You might have missed social events, disappointing family, and friends.

Migraine headaches can be very severe and usually last for several days. Migraines are often preceded by an "aura," which may consist of visual disturbances such as flashing lights. The headaches are often associated with nausea, sweats, dizziness, and light and sound sensitivity.

### Stop the Pain

You have probably tried many medications to try to stop the pain, experienced in a migraine attack. And you may have tried to stop the migraines from happening in the first place by taking a preventative prescription medicine.

While it may not offer much comfort, there has been an explosion of migraine research in the past ten years. Several intriguing discoveries have been made, like the fact that migraine occurs more frequently in women; affects people between the ages of 15 and 55; occurs in families with a history of migraine; and becomes less severe and frequent with age.

### What to Avoid

Avoiding hidden food allergies can reduce or eliminate migraines in as many as 85 percent of patients. The most common reactive foods are: wheat in 78 percent of patients; oranges in 65 percent; eggs in 45 percent; tea and coffee in 40 percent each; chocolate and milk in 37 percent each; beef in 35 percent; and corn, cane sugar, and yeast in 33 percent each. Clinical experience also suggests that the artificial sweetener aspartame can trigger

migraines and other headaches, although this is controversial. You may find that instead of avoiding foods that trigger your migraines for the rest of your life, you can eliminate the sensitivities/allergies using a powerfully effective acupressure technique called NAET (see [www.NAET.com](http://www.NAET.com)).

Non-food migraine triggers include:

- Bright lights.
- Strong odors.
- Environmental triggers like weather changes.
- Stress triggers such as job loss or divorce.
- Hormonal factors related to menstruation.

Suspect this if the migraines occur mostly around your periods and ovulation.

### Good News

The good news is that natural therapies can prevent many, if not most, migraines. I would begin by taking 400 mg of Vitamin B2 in the morning, plus 200 mg of magnesium at night.

Standardized Butterbur Extract, an all-natural nutritional supplement, can effectively prevent migraines without any harmful side effects. This powerful herbal extract has been used in Germany for many years to successfully prevent migraines. Now available in America, standardized Butterbur Extract's effectiveness has been validated in clinical studies. In fact, a recently completed large multi-center study involving hundreds of migraine headache sufferers determined that standardized Butterbur Extract significantly prevented migraine headaches with no serious side effects.

To see how well standardized Butterbur Extract works for actual migraine sufferers, randomized, placebo-controlled, double blind studies have been completed. These types of

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