

# Overcoming Migraine

Health Kinesiology (HK) offers you a unique and powerful way to identify and address the triggers that cause migraine. It can then help you boost your body's resistance to these triggers using a series of gentle yet powerful techniques. The results can often be dramatic.

## You are not alone

Migraine is the most common neurological condition in the developed world. According to the Migraine Action Association, it affects 10% of the UK population and is more prevalent than diabetes, epilepsy and asthma combined.

## How migraines effect us

Migraines can last from a few hours to a few days, and invariably cause misery for the sufferer.

- The pre-headache, or warning stage may involve symptoms such as mood changes, irritability, vertigo, fainting or speech problems
- The headache stage may include digestive or circulatory problems, visual and hearing disturbances, aversion to light, pins and needles, clumsiness and even temporary paralysis
- The third stage leaves the sufferer feeling exhausted, often confused, may have diarrhoea and aching limbs.

## What causes migraine

It is thought that the headache is caused by the constriction and then dilation of blood vessels in the brain, although the brain itself does not have any pain sensors. Some of the triggers associated with the onset of migraine include:

- Sensitivity to foods such as dairy products, meat, chocolate, cheese, alcohol, citrus fruit, monosodium glutamate (flavour enhancer used extensively in processed foods and Chinese food)
- Lack of sleep
- Tension or stress
- Frustration or anger
- Electromagnetic field disturbances

## **How can HK treat migraine**

Different people may suffer from migraine for different reasons. That's why an HK treatment will never be the same for any two people. Using a technique called muscle testing, the practitioner will work out a tailored treatment program that addresses the causes of your migraine attacks. Some of the ways in which HK can help include:

- Treating and eliminating allergies to food and other contaminants such as airborne pollution
- Creating a perfectly balanced nutritional programme of foods and supplements to support the body's healing
- De-stressing and detoxifying the body
- Addressing the causes of emotional and psychological stress, and retraining the body to react in a different way to the triggers.

**If you would like to find out more about HK or if you would like to book a session please call:**

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