

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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Migraines -By David Christopher MH

About 15% of the population suffers from migraine headaches, and only a small fraction does anything to prevent them. In order to prevent migraines we need to know what causes them. There are a number of theories as to the cause but no one really knows. One theory looks at widening blood vessels in the meninges (the three layers that cover the brain and spinal cord) which activates pain signals. Another looks at increased waves of activity in the cortex causing aura and activating pain signals, and yet another alludes to dysfunction in the brain stem that trigger migraine symptoms.

The first theory could be classified as another cardio vascular disease. It is typified by weak blood vessels that expand with increased activity. They fill with blood but do not have the strength to contract and push the blood out. This pooling accounts for most migraines. These migraines should be treated with cayenne, one teaspoon in a glass of water and consumed orally. Cayenne increases circulation and removes the stagnant blood from the area and also blocks pain signals. Cayenne can also be used as a preventative, by taking as little as two capsules or one teaspoon in water every day. Feverfew (*Tanacetum parthenium*) taken on a daily basis is also purported to prevent migraines. Another herb showing promise is Butterbur (*Petasites hybridus*). However, I am much more familiar with the red pepper. If taking it orally doesn't stop the headache then a small pinch snuffed up the nostril, on the same side of the head where the pain is, should stop the migraine within minutes. Eating excessive amounts of Vitamin C rich foods tones the cellular wall and the accompanying flavonoids including the vascular strengthening flavonoid, rutin, greatly improves the vascular integrity.

The second theory could be triggered by a myriad of scenarios, ranging from allergies to



emotional stress. My own history of migraine headaches is another one of these myriad of conditions. I suffered from migraines on Sunday mornings. My wife thought I just didn't want to go to church. I wanted to know the real reason and so I kept a daily diary of activities, foods eaten, music listened to, and a lot of data that didn't seem relevant to help find the connection. It wasn't church at all but the weekend warrior scenario. I sat at a desk for five days a week and then hit the sports hard on varying Saturdays which triggered the migraines on the following Sunday

mornings. I later discovered that to prevent this I just needed supports for my flat feet. The flat feet caused a misalignment, and the more I played the greater the irritation and the triggering of distress to my brain.

I believe that these theories do trigger migraines and that the migraine triggered by the last theory can be resolved with an upper cervical adjustment from a N.U.C.C.A. chiropractor, because dysfunction most likely comes from the upper cervical being out of alignment and causing blockage in the area.

To cure the condition would require a change of lifestyle including the elimination of dairy from the diet, also excluding sugar and white flour products. Taking Dr. Christopher's Blood Circulation Formula daily would also be of tremendous value. His Nerve Formula is also quite useful, especially for women. Many people notice constipation or diarrhea to occur prior to migraines. This can be ameliorated by taking Dr. Christopher's Lower Bowel Formula. By solving the bowel problem the migraines can be avoided. These simple procedures are safe and effective.

Standard medical procedures including NSAIDS, triptans, barbiturates, sedatives, beta blockers, calcium channel blockers, anti-seizure medications, tricyclic anti-depressants, and SSRIs, are often not effective and are not safe.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.