

Natural Healing Express Weekly

Column 341 Migraines

One of the most common complaints we receive at our location is one of headache pain. Almost everyone experiences a head ache at some point of their life. When the headache becomes severe, it is known as a migraine.

Typical symptoms are a severe throbbing pain, nausea with vomiting on occasion and sensitivity to sound, lights and smells.

Migraines are divided into two categories, and the distinction between the two is whether one witnesses an aura or not. An aura is a visual or sensory disturbance that develops gradually and disappears gradually, usually right before a migraine.

An aura can include any or all of the following sensations: Flickering lights and spots of light, shimmering patterns such as zig zags or stars; slowing spreading blurring vision, numbness or tingling in the face or arms and difficulty with speech or word finding.

The exact cause of a migraine headache is unknown. Researchers believe changes in serotonin and endorphin levels in the brain may play a role.

Some of the known “triggers” include: Dietary factors, environmental changes, hormonal factors, medications, physical factors, sensory factors and stress. I always have come to believe that dehydration plays a role.

To help with an acute migraine attack, we use lavender essential oil and have a wonderful blend made especially for Migraines which includes, among other oils, peppermint.

Rest or sleep is also beneficial along with proper hydration. I have helped others with an ice pack on the neck and slight massage.

For prevention of Migraines, we look to better self-care. It helps to maintain a daily routine, exercise regularly and reduce the effects of estrogen.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express