

Webinar hosted by Kirsty Terry - Equilibrium Health, January 2019

Please find the link to the original interview [here](#)



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Hello everyone and welcome to the Migraine Solution. Did you know that more than 4 million people have chronic daily migraines? So, if you're on this call, either you or someone you know knows what that migraine pain is like. It's like absolutely no other pain is completely debilitating. Now, for many of us who have been told that there's no solution or the only solution is to manage the pain when might've even been told we've got a low tolerance of pain or you feel that disapproval by others, either your partner or your boss. However, thanks to Dr Bob Scheeler and his years of research, we now know that this simply isn't true, and scientists and doctors now say that up to 90% of all headaches and NOT organically rooted.

Now, if you haven't met me yet, my name is Kirsty Terry and I'm a practitioner in the following. So, I work with functional medicine, which is all about getting to the root cause of the problem and working with the person, not the diagnosis. I use ASYRA by bioresonance for my health screening, so I do my own health screening. I can also work with devices like SCENAR another biofeedback device and then Rapid Transformation Therapy (RTT™) practitioner as well. Quite often I will call on the metaphysical symptom-emotion correlations to really help my clients get a real thorough understanding of why they're expressing with the symptoms that they have. And my aim is for you to have a better understanding of the various causes of Migraines so that you can create a plan of action which will help you reduce them and whether that's the frequency or the severity and hopefully it can get to completely prevent them in the future.

So, the migraine solution is not for you if you haven't been seen by your GP and had any other serious conditions rolled out, you can't use this to create your own diagnosis and it's certainly not going to be a magic pill.

So as Hippocrates said, **"Before you heal someone, ask him if he's willing to give up the things that made him sick in the first place"**.

So, the migraine solution is for you. If you've been seen by GP and they had diagnosed your condition and your prescription is really pain management. But what I really want to know is that any pathology has been ruled out and all that it's been looked into, but it also somebody who would like to reduce the frequency and the severity and the lengths of the attacks. And the migraines solution doesn't work in less than you do. There isn't a magic pill, so you have to fully commit to taking control of the migraines and you've got to believe that you can actually achieve that freedom from migraines. And also understand that there are serious lifestyle changes that you need to make if you want to be migraine free.

So, what we're going to delve into is there are migraines, there are various subtypes. So, I'm going to go through them all. First of all, there's the major subtype subtypes, which is migraine with aura or migraine without aura. And then I'm going to go into the root cause subtypes, and you'll see I'm going to cover off post, post, post traumatic facial, thyroid hormone, structural, Adrenal Hormone, glucose toxicity, reproductive hormones, and then environmental toxicity. And I can probably, you know, if I was a betting person, I would say, I bet nobody's actually said to you before, have you or are you actually aware that there are different types of Migraines, so let's go through them.

So, let's just talk initially about the ones where we get that sensory disturbance, where you get the aura. That was, that was my type of Migraine that, that I used to get a visual circle in front of my eyes and that will be the onset. So those visual symptoms, the blind spots, definitely the geometric designs or zigzag lines are sort of float across the field division.

You might see Shimmering spots or stars, there's definitely some sort of change in vision or even complete vision loss, flashes of light. And then you've got the sensory disturbances as well. So, the feeling of numbness I used to get all the way down, one side of my body typically felt tingling in the hand or the face. If you're trying to touch your face and you can't feel anything. And it can also affect your speech and your language. And you have got that muscle weakness as well.

And even without the aura, it is so much more than just a headache. The pain is still absolutely debilitating. Often there's nausea or vomiting even, and this can be about 75% of all the migraines and this type of pain is really localized in the front of the head and can last anywhere from hours to days. And again, nausea, vomiting in controllable, yawning, irritability, the blood pressure drops, you've got that hyper woozy feeling. Definitely the sensitivity to light or sounds or, or even just moving. And you can see in your face as well the big dark circles under your eyes.

So, the first type is the post traumatic subtype, and these are the ones that are really associated with an injury. So some type of accident, whether it's been a car crash or sports related, fallen off your horse, skiing or any sort of team sports and it has its own definition by the headache society, uh, "***a headache developing within seven days of the injury or still regaining consciousness***" and following that type of injury, at least 25% with brain injury do not seek medical attention and you absolutely need to in that case. But the migraines can start to happen because you've got a displacement of the structures within the skull and the might be a source of inflammation there, especially if some of the cranial fluids are not draining. You can also get decreased or increased blood flow so it can lead to metabolism changes as well. And you can feel the muscle tension in the back of your head or your neck. And there's definitely inflammation and irritation in the tissue layers, so absolutely needs to be checked out, especially if there's pressure within the skull.

Definitely the most common type of head discomfort, you know, after some sort of head trauma. And then this says once you've had it checked out with your GP, you want to look into chiropractic care because it's very good for addressing any of those misalignments. So, chiropractors, a cranial osteopath, they will just check that everything's aligned and there's no nothing out of line alignment, which can be putting pressure somewhere. So, think of that. If you find any sort of head trauma at all, and even think in history as well, just because it happened a year or two ago doesn't mean it's not contributed to symptoms now.

So, the next time it's facial subtype, and this is where you know the causes can be sort of dental issues, not just the teeth but actually the jaw itself, the TMJ, temporomandibular joint, teeth grinding. I often ask people; do

you grind your teeth? Sinus problems, so blocked sinuses and it can be a sign of allergies and it can be a sign of the nerves or around the neck, you know, you think this is quite a short capacity to get to the brain from the body. So, all these nerves and each of those can have its own treatment plan depending on the cause. But for these sorts of facial subtypes, check with your dentist, Cranial osteopaths, sometimes allergists, people like myself functional medicine, bioresonance practitioners we can pick up on the allergens as well. And depending on which one it is, you'll have a different treatment plan for those.

So, then there's the thyroid, thyroid hormones. Sometimes I'll probably touch on this a little bit later when I talk about toxicity, but the imbalances in the thyroid there on numerous conditions including for Migraine. So, you've got the Hypothyroidism, which is probably more frequently, related to migraines. But you can also have cold hands, dry skin, irregular cycles for women that might be weight gain, slow heart rate, sometimes constipation, but there's also the Hashimoto's hyperthyroidism also. And really anything to do with the thyroid can be a trigger for the migraines. Now in this sense, the first step is to go back to GP and ask for a blood test because they may not have linked your migraine symptoms with your thyroid. So, go back that first and then you can look into the thyroxine levels and make sure all that is in proper balance.

So, whether it's under or over active, they will be able to detect that from the blood test. And then you would be probably given some diagnosis, such Hashimoto's, Graves', etc. So always start with your GP for anything related to your thyroid and it hasn't been looked at. Then there's the structural subtype. So, this is linked to a real localized pain in different parts of either the head or the neck. You feel that tension in the neck, back of the head, headaches and it can often be, you know, related to the position that you're in, especially if there's a back strain or shoulder strain from the work that you do. Or if you're in a meeting, you put your body into a chronic stress position. And what I say with this one is 'Who is your pain in the neck? you know, "what is your thorn in your side"? What's making you recoil or sit in a funny situation? Always think outside the box if it's anything to do with structural because quite often your body can, can be compensating for how you can be feeling as a result of stress.

So, it's structural migraine treatments. you do need to identify where the source of pain is and what's actually causing it. And then obviously the correction will affect, and you reduce that intensity and frequency. But a lot of these things can be related to your posture. So again, think of some of the other modalities and therapies, you know, massage and acupuncture can both how to loosen tight muscles, increase the blood circulation. This is another area where I would use the SCENAR, but also chiropractic and osteopathic care can be very useful to make sure that your whole body is aligned correctly so you're not putting an extra stress on your body there.

And then we've got the adrenal hormones subtype. So, these are the tiny little organs that sit on the top of the kidneys and the part of the endocrine system which are regulating the stress, the metabolism, and a whole variety of other functions. So, they're also releasing the stress hormones. That's what the adrenals do. And chronic stress, it really causes the adrenals to produce excess levels of Cortisol, DHEA, and it can really lead to adrenal fatigue. DHEA is a very abundant steroid hormone in the body. So, any sort of decreasing that level is going to have a knock-on effect in your overall wellbeing. So again, if you suspect your adrenals, first point of call is to go back to the GP again and look at the blood tests because that's going to give you initially you more information. They're going to check this cortisol levels out for you and some of the hormone levels as well.

And then if it is the adrenal stress, adrenal fatigue, who really got to delve into that, what is the source of the stress? Because although the body is reacting, that is a trigger for it. So, what is it? Is a life event? you know, moving to a new house, divorce, death of a loved one, you know, these are, these are real life events which can

trigger a huge amount of stress. Or is it what we call toxic emotions? Is that your work? Is that, have you got toxic boss or partner? Or the things that you've got to do? Have you got a never-ending job lists and it's just a stress box to bring your briefcase home every night and then not even open that, and that's stressful.

So, to get rid of the adrenal fatigue, you really need to be looking at what is the source of the stress and then adapting or adopting some common activities. So particularly stress reduction, relaxation, looking into the sleep cycles and making sure your sleep isn't impacted upon. We need people to go to sleep and stay asleep and wake up feeling refreshed, which often doesn't happen when people are very much stress or there's too much over action in, in some of the adrenal hormones. So, all things like meditation, mindfulness, and physically assessing the lifestyle too to reduce this causes of distress. And then have better stress management techniques.

Now, glucose toxicity is a condition where the blood sugar remains high, but prolonged periods. So, in this case there is a risk of incident resistance. The symptoms are very, very similar to metabolic syndrome, which is pretty diabetes. There's definitely systemic inflammation and it can lead to more frequent headaches. They can also be oh, can't say this word, degeneration, which increases the risk for Alzheimer's. So again, if the blood sugar is either too high or too low, then you risk and onset of headaches and the beacon can become frequent, especially late in the afternoon, uh, after waiting. Sometimes it can even wake up with them. And the treatment for this is very similar to, to balance in the blood sugar. So again, initially you want to go back to your GP to have that checked out because you might need to look at some sort of intervention like metformin to help manage the blood sugars. But additionally, with the lifestyle interventions would include changing the Diet, you know, adapt and lower GI foods and becoming more physically active if you've got quite a sedentary lifestyle. So very similar treatment to type 2 diabetes and definitely one way you need to go back to the GP initially and those blood tests to be run

Then we've got the reproductive hormones subtypes. So of course, I'm much more related to women. We get those hormone imbalances journal the cycle and certainly at different life stages, you know, depending on where they were postpartum or perimenopause, we have those different lifestyle changes. And here we are really looking into the effects of Oestrogen. So real strong contributor to when it's out of balance and it's not progressing through its cycle. And really, we see a lot of predominance of the Oestrogen related complications, not just migraine.

Now here we really can improve this with diet. Magnesium is phenomenal for actually helped them calm and nerves. Uh, it's, it's almost like a natural pain relief and it's very, very widely available in the Diet. You know, we can get it from all the leafy Greens like the spinach. Uh, it's also in bananas and if you don't want to get it through your diet and bath at night in Epsom salts is a fantastic way because we do get that topical absorption as well. Lysine is an amino acid, which is essential for growth and repair. And for anybody you can just take a migraine medication, you'll see the ones now which has got the lysine them because it is understood that lysine plays a key part in the essential growth and repair mechanisms and a lot of migraine pills. Now, you know, pain relief will contain lysine. So, for the hormones, we are really looking to make sure those essential amino acids for growth and repair or are readily available as well as the trace minerals, like magnesium, not just for helping to build the hormones but also magnesium for its own pain relief mechanism.

And then this area environment toxicity, this is probably the one of the biggest areas that I see it is very, very difficult to diagnose in the allopathic way. You know, in our western way of living we are constantly exposed to a huge amount of toxins in our lifestyle. And the question I ask people with normally working in conjunction with my bio resonance is what's in the body that shouldn't be there. You know, we have departed from the ways of

nature and we are living in a very, very toxic world. And going back to the industrial revolution, we know now that there were over 85,000 toxins allowed into our environment as part of that industrial revolution. And they were not studied. They weren't study on in on their own, never mind how they interacted. But when I'm working with people and I'm looking for environment and toxicity and looking for really one of three things, I'm looking for what I call the pathogens.

So, these are the infections, the moles, the yeast, the bacteria, the parasites or viruses because they are very harmful in the body. The microbiome gets out of balance and some of these more harmful pathogens they release their neurotoxins that you know, it's horrible, horrible inside the body. They create pain, they create a lot of modern-day illnesses, but as well as the neurotoxins released by the pathogens, we've also got the organic toxins from the fungicides, the chemicals and pesticides, sometimes they are in medications, we see heavy metals coming in and the mercury, arsenic, aluminium. So again, they are sitting in our biochemistry and this displaces our natural biochemistry. So, then our own metabolism doesn't run. EMF's is a huge topic on it on their own. I know some practitioners now who actually won't work with anybody unless they are prepared to get rid of the dirty electricity in the house.

And that includes the Wi-Fi. I mean switching it off it at night. We know now from studies that Wi-Fi can release, increase the release of the biotoxins from the moulds by 600 times. And that's absolutely massive. So not just food we eat, the water we drink, our personal care products, and our cleaning chemicals, our carpets. You know, what we have in our homes, they are all source of environmental toxins and it's a constant exposure which can over time we can our immune system. So, we've got to look to reduce that exposure. So, you have to look at how you can limit the chemicals around your home. Can you change your lawn care products and natural alternatives, whether your grass will grow or whether it be full of weeds? Can you move towards organic foods? You know, they put out their organic foods or no nutrition. They're not nutritionally better just because they're organic, but actually they're not spraying toxins. And that's what's really, really important.

A good detox cleanse can really help the body release the toxins which are stored in the tissue and get them out of the system. The important thing is, is if we are exposed to toxins, we have got, you know, liver and kidneys, which would normally remove them, but it's what we get too much exposure and the body can't get rid of them through the normal elimination pathways. It makes fat cell and it stores them and it does that to keep them away from the fight organs. But then they're just stored there. And actually, we have to sort of change what we're doing and going to a detox cleanse to actually get the cells to release them. And even then, we don't just want to release a whole lot of toxins into the body. We want to release them and have them collated after the system so that they don't do any more damage. So, a lot of cleanses or detoxes that you do now will incorporate the use of supplementation and diet to help aid the body's natural detoxing organs. So, we have to support the liver, we have to support the kidneys.

So Dr Mark Hyman now, who was the CEO of the Institute of Functional Medicine, you know, he, he, he is an MD, but he says now rather than ask, **"What drug do I use to treat the symptom, I ask what is causing the inflammation in the first place"**? Because there are very few. The causes of inflammation, as I mentioned, the, the pathogens and microbes, the infectious microbes, the allergens, the talks and poor diet and stress. And they are the root causes, not the actual diagnosis. That's just where you put the symptoms together and put them under a diagnosis. We really need to understand is not what is wrong, why it's happened. So, we know you've got Migraines, that's why you're listening here. But why?

So, let's just talk about pain because pain is very, very powerful, however, so is knowledge and it's now been recognized in studies that even just educating yourself about pain is considered medically a form of treatment. So just being here and listening to this, you are being treated. Now we know we need pain. It does help us to survive. And it helps us avoid what harms us. It's our danger signal. So, for example, if we put our hand on a hot stove, it's that pain signal, which goes that's hot and take it away, but pain isn't just a physical experience. So, for example, if I fall over and sprain my ankle, I might sit on the setting, oh I can't move. But if a sabre-tooth tiger walks in, I'm going to get it and I'm going to move regardless of how my ankle is going to feel, or I'm going to risk being eaten up.

So, the pain actually originates in the brain and it's an opinion. It's our brain's opinion of how much pain we need to experience in that moment for us to survive and protect ourselves. So really what we've got to consider here is pain gets wired in, it gets wired into our neurology. I didn't get remembered. And it creates a pathway, which suddenly it's easy to follow a pathway which has already been grooved out. So, in actual fact to get rid of the pain, we've got to treat the brain, even if they're all physical factors in place. And it's a very, very sophisticated pain system, and it's taken everything all the time in to consideration. Shall I reduce pain or not? Will it help me be safe? Will, it moves them away from harm. All these decisions are being made by the subconscious mind in a very split second. And we couldn't consider that. If you've got ongoing pain, you know, repetitive Migraines, we really need to think, look, there's no pathology that what is going on? Why are we triggering these symptoms?

So, what is functional medicine and ASYRA health screening and SCENAR and RTT™ all these treatments. What, what of that? What did they teach me about migraines? So, I'm an ex-migraines sufferer myself. I say 'ex' because I haven't had a migraine since July 2017. And prior to that I used to keep the food diaries. I used to look at what my triggers were and I was pretty good at knowing what my triggers were, but I didn't really just want to keep managing with pain that the pain I used to get with Migraine so excruciating, really the painkillers didn't really touch the surface. So, when I came across the work of Dr Bob Sheeler, I was able to use that work with my bioresonance equipment. This is my equipment here and I was able to go through all those subtypes and see which were affecting me. So, I did have things on vertebral level. I did have some issues across the jaw. I did have some allergens. I was sensitive to some pollens and, I also found some environmental toxins in my system and I was definitely under some emotional stress and there were physical alignments from old injuries, car crashes, etc. Stress was a big player for may have already mentioned. It could knock out my sleep patterns. So particularly when I was tired, I would notice that would be a trigger. Glucotoxicity, not, I wasn't so much diabetic, but environmental toxins, are huge, not so much the sugar by, I was very aware of some things that I or couldn't eat chocolate, although I learned to eat dark chocolate.

So certainly, times the month I was more prone to an attack and that was when the neurotransmitters hormones would be out of balance. And I also notice things like the EMF's too much. Wi-Fi if I've been around too much screen viewing, before he used to wear my protection for Wi-Fi. and I've used a various, as well as the ASYRA, I have used SCENAR as well to treat the Vagus nerve around here. This is like an electronic form of acupuncture and this has been fantastic, clearing blockage in the Vagus nerves, all that communication from the brain down to the body works. And another thing I will always look at with people is if they've got any scar tissue. Because if you've had any sort of medical intervention, it's highly likely that you've cut across some meridian lines and that can disrupt the flow of energy. So, we can work with SCENAR to get enough flow back in place. So, working with these devices as taught me a lot as well, in addition to the work of Dr Bob Sheila.

So, another area that I want to go into, and I touched on this with pain, is RTT, Rapid Transformation Therapy because we also know that the mind does what it thinks we wanted to do and it's the mind's job to move us away from away from pain towards pleasure. So, there's also what we expect tends to be realized for anybody who's 'Law of Attraction', fear of a migraine attack can be enough to be a trigger for one. But we also know some little quick fixes here. The imagination is far more powerful than any knowledge or logic and our mind learns by repetition and it builds these neural pathways. It also likes familiarity. So, it can be very easy when we are stressed and previously as stress has triggered a migraine for then every time, we experienced a stress the brain goes, oh, I know how to deal with stress. I'll give her a migraine and then she'll go lie down and wouldn't have to deal with whatever is going to be stressful.

So, we have to be very, very aware of the rules of the mind and you know, our beliefs actually make us, and our mind will respond to pictures in our head and the words we say to ourselves. So, if we're constantly saying, I'm worried that I'm going to get a migraine, I'm worried when I go on holiday next week, that could trigger a migraine. I'm worried when I go to that meeting next week it could trigger a migraine. The mind's going to be going. She just keeps talking about migraines. I think she wants a migraine. Let's give her a migraine.

Whereas when you start to talk to yourself and control your mind, it will stop controlling you. What we actually need to be doing instead is saying, well what would it take to be in perfect health? What would it take, you know, to experience, a full happy day in perfect health and start talking to ourselves, from a way that's going to attract what we really want instead of what we fear?

So, we don't want that neurology wired in. We want to be able to respond to the danger signals. by saying, so that's a stress response. That's a danger signal. We know that our genetics haven't quite updated. I don't need pain. So, what I just need to do is be alert and awake and manage through this. And sometimes what we can do is go into the subconscious mind. Just change some of those patterns that we've created through the brain trying to protect us. And that's some of the where we can do with our RTT.

So, I always say to people, how are you talking to yourself? Are you saying? "Oh, this job has given me a real headache". "This is a real pain". "Oh, my goodness, this is my migraine inducing stuff. I really don't want to go to work this week". This is clouding my brain. You know, all these, all these words. The way we're talking to our self, the brain's going, oh right, okay. She wants pain, she wants pain. And in actual fact, you know when we do take a medication, it gives the brain a cue. That relief is on its way. That can let the body completely relax and that's when the body actually activates its natural ability to heal itself.

So again, we want to stimulate that natural innate healing ability. And we can do that by working in the subconscious mind or we can rewire some of that neurology. So, we need to listen to the messages that were given ourselves and say, oh right, well this is going to be an interesting week. So, we charged start to change the words from it. It's not going to be a stressful week. This is going to be a demanding week and I are looking forward to what I can achieve. All those sorts of languages. And how would you talk to yourself become important.

So, there are seven pillars of natural health and if I just run through them very quickly, sleep, hydration, nutrition, toxicity, physical activity, therapies and mindfulness. But underpinning all those are the beliefs, our values, our attitudes, our experience, and definitely our passion and purpose.

So, with sleep, we're looking for eight hours uninterrupted sleep because that's when the body does any healing work.

We need to be hydrated, but we need to think what we're hydrating with. We don't just want to flush our bodies. We want actually with some sort of electrolyte balance, which we'll get into the cells.

With nutrition, we want to eliminate the allergens foods which are triggering symptoms, and we want to replace any of the deficiencies. I mentioned the magnesium, I mentioned the lysine,

And with the toxicity we're looking to eliminate the toxins. So, I'm not just talking about the pathogens or infections or the environmental toxins. And also talking about toxic stress are toxic emotions. WI-FI, I think of under the environmental, but I just do mention it separately because quite often with these things, if you can't see them, we tend to not focus on them.

Physical activity, reducing the sedentary lifestyles, especially where it's, you know, you might be on the sort of metabolic scales, core strength, the aerobics and metabolism, they all release endorphins, sort of take us away, from 'fight or flight' into 'rest and digest'.

And then the therapies I mentioned quite a few today. Chiropractic, Osteopathic, Cranial, Cranial, Osteopathy, Aromatherapy, Kinesiology, Homeopathy, Acupuncture, massage, EFT, RTT, that there are hundreds of self-care really, and then mindfulness, meditation, managing stress levels, rebalance in the body. So again, we're out of 'fight or flight' where we feel we're being attacked, and the brain might be looking to protect us, and we want to go back into 'rest and digest'. And if that's difficult for somebody, how can you program the subconscious mind?

So, I mentioned that I used to be a migraine sufferer and I've been free for a number of years now and I never take that for granted. I do keep a little toolkit, which I, which I can go to, should the conditions present. So initially a migraine diary to identify the trigger foods, and also look at when I'm stressed, what the hormone cycles are doing. I certainly had all the dental and work checked out and some osteopathic work because I had some injuries from an old car crash. Through my ASYRA work, I took out the allergens, work to rebalance some of the bacteria that I found in my body and definitely replace the nutritional deficiencies. And it's something that I keep an eye on working with bioresonance equipment.

I also did some work to balance the microbiome because where I was finding pathogens, the [Bravo yogurt](#) if you haven't come across the Bravo yogurt is phenomenal to completely reset the microbiome. The formulation is similar to mother's breast milk, that initial inoculation we get when we are first born and then through being breastfed, the Bravo yogurt really helped, where my immune system was suffering from history of antibiotics.

I did some SCENAR treatments to my neck, again, whiplash from car accidents and I'm a huge fan of essential oils, particularly lavender. Peppermint used to be wonderful for headaches, but I've got a red here. **WARNING**, I would say to anybody, please, please, please seek out the advice of an aromatherapist, if you are going to be working with essential oils and please don't ingest them. You don't need to ingest them to get the benefit of them. Even diffusing them can really work with the emotional systems of the body. So, there are some incredible essential oils out there, but please do get the advice of aromatherapist. There are a lot of MLM companies out there and they can be some mis advice or mis-directed advice. So that's my warning there.

Energy medicine. again, energy medicine, homeopathy, Bach flower essences are phenomenal for controlling the stress levels. Equilibrium health has its own product called [RLX](#) for relax, so again, we're trying to keep in that relaxed state because we know that these 90% of headaches, you know, they are not pathology, it is really coming from a stressful environment.

Now exercise, it's down to personal choice. I do some Zumba and Pilates, that was great for me, releasing all the endorphins, creating that core strength. But you know, as I said there, whether you're walking, running, jogging, doing yoga, any type of exercise, we want sort of five times a week, 30 minutes a day with some sort of core activity for core strength and then a daily practice of meditation and mindfulness so that you are into those Alpha brainwaves, absolute phenomenal for managing the stress levels and healthy sleep cycles. So, we want people asleep between twelve and six in the morning, minimum of six to eight hours and you know, creating a safe haven, which means taking out the EMF exposure from bedroom as well.

So, my emergency measures would be, because I did my food diary and I did the elimination diet and I understood which foods were my triggers. If I feel that I might be heading along the lines of this, this could be a situation where the stress levels are high and the sleep hasn't been so good and it could do all those sort of factors that I used to sort of piece together as my Migraine jigsaw. And the first thing I would do, is make sure I definitely wasn't eating oranges. And, you know, too much milky, sugary, chocolate. I'd be switching back to my dark chocolate. I keep on my phone also '[The headache technique](#)', this is the Equilibrium Health meditation product that I developed and that is a technique which I take myself down to the alpha level of mind and I talk myself through, in the Alpha state how wanting to come back to awaken state, no discomfort. I find it phenomenal. I have to do it once for the onset of a headache. If I think it's a Migraine, I'll do it three times and I keep doing that. I can pretty much now listen to it once and the headache is gone. I will carry SCENAR devices with me, my little Pain Genie is normally in my handbag because again, the treatment on the Vagus nerve and that will remove any blockage and will prevent the onset of a migraine. And I'll use Breathwork techniques as well. If I feel stress about something, I'll use this breathwork techniques. If I need a little bit more than that, I'll go to my headache technique.

So now that you know, when do you go? For anybody with Migraines I would say you starting point is to do an elimination diet because we have food allergies, we have food sensitivities and we have food intolerances and whilst you might know what your allergies are, so that would be something like shellfish or peanuts where you can really, it's a medical condition. You would need medical attention of electric shock food sensitivities and intolerances or less easily diagnose. And some of the testing methods vary hugely. And the only reliable way to find out all your food, adverse food reactions is to do the elimination diet sounds, absolute starting point. And then you find out specifically for you where your food triggers are. And at the same time by eating a healthy diet for three weeks and taking all the allergens out of the foods as well, you're giving your body everything it needs to reset and replace any food, nutrition, nutritional deficiencies as well. I mentioned the headache techniques. So again, this is something that you can download an app on your iPhone, your iPad, or your devices. And I would say to people, do those things first because if you do go on to step three which is booking a call and you can book a discovery call.

I do a discovery call which will help people understand if energetic screening or RTT might be right for you. However, it's highly likely that. On that call I would say to people, have you done the elimination diet? When I actually do my house screening and you can actually book an appointment for a comprehensive health screening, it is highly likely. Again, that is part of your prescription protocol. It will be to do the elimination diet. Sometimes I'll include a SCENAR program, you know, I, I do treatment, or I do the device hire. And quite often if

somebody's experience on a lot of migraines or headaches, I would even say to them, look, it's worth purchases your own pain, Jeannine and country.

And where we see that people are struggling to change the lifestyle habits or they have had this for such a long period of time, it's almost a habit. Then that's where RTT can come in and it can be really useful because we will go into the subconscious mind and help reprogram. Another place you can go is we've got an [events page](#) on Equilibrium Health, and there's all sorts of events we are running, things like The Anxiety solution, The Sleep Solution, as well as migraines, if you're not sleeping you need to tune into the sleep solution. But I do other things as well, like 'Be a Lyme Warrior', Autism, I would definitely say keep an eye on, on that page. CBD oil, we'll be running next week, which again is fantastic for pain, the pain management. So, if you haven't got the answers from today, do check out the events page because as well as the online health summit, we do run our own events.

Okay. Oof. Got through it all. So, thank you for everyone who has listened to me today. My aim was for you to have a better understanding of the various causes of Migraines so that you can create a plan of action. And if you do need additional information, you can reach out to me. You can book one of the calls with me or drop me an email. I do understand how debilitating chronic migraines can be. And you know, you can't, if you suffer with a lot of Migraines, you can't just manage the pain because even some of that pain management isn't enough. You know, I know when I used to get them it would take the edge of it, but oh my goodness. So, you've got to get to the root cause, and I hope that what you've seen today, gives you some way you can go back to your GP to find out more information and using other things that you can look into. Cause it's the only way that you can eliminate your migraines for the future. So, I hope you found that hugely useful. Please take a moment to share what you did find useful. It's very useful for us to know what you've got out of it. And I'll just leave you with these references of where we sourced the material for, for today. So, thank you very much for listening and goodbye.