

# MIGRAINE BLOCKER™



Homeopathic  
Medicine for  
Migraine  
Headache Relief

Are you one of the 28 million Americans who suffer from migraine headaches? Migraines are extremely painful headaches that can be debilitating. They are responsible for more job absenteeism and disrupted family life than any other type of headache.

When a migraine strikes, you want fast relief. Source Naturals offers a natural alternative to the conventional medical approach with MIGRAINE BLOCKER – a homeopathic, Bio-Aligned Formula™ that addresses the multiple body systems associated with migraines.



Strategies for Wellness<sup>SM</sup>

## Hormonal Regulation

Women are three times more likely to develop migraines than men. Migraine headaches in women are commonly triggered by hormonal changes during menstruation, pregnancy and menopause. Chemically induced hormone changes, such as with birth control pills, also trigger migraines. Natrum, chamomile, phosphorus and silicea are homeopathic remedies that address this type of migraine.

## Digestive System

Digestive imbalances, consumption of rich, fatty foods, or food allergies can be associated with migraines. Certain foods and beverages, such as aged cheese, alcoholic beverages, and food additives such as nitrates and MSG, may be responsible for triggering up to 30% of migraines. Homeopathic chamomile is prescribed for digestive distress and sanguinaria stimulates the digestive organs. Pulsatilla and iris also help with digestive imbalances.

## Stress Response

Migraines are commonly set off by emotional and physiological stress. During stressful events, certain chemicals in the brain are released to combat the situation (known as “fight or flight” response). The release of these chemicals can provoke vascular changes that can cause a migraine. Homeopathic remedies that help with stress include pulsatilla, scutellaria, natrum, zinc and ignatia.

## Sensory Perception

Most migraine sufferers experience sensory problems such as blurred vision, or sensitivity to light, sound or motion. Iris, silicea, scutellaria, belladonna, magnesia and gelsemium help address these symptoms.

## Nervous System

Migraine pain is experienced in a network of delicate nerve fibers that extend along the scalp, facial area, at the base of the brain and in the blood vessels. Homeopathic remedies that address nervous system pain include magnesia, butternut, gelsemium, scutellaria and chamomile.

## Sinuses

Sinus headaches are associated with a deep and constant pain in the cheekbones, forehead or bridge of the nose. The pain usually intensifies with sudden head movement or straining. Homeopathic remedies for sinuses are ignatia, zinc, iris, pulsatilla, and bryonia.

## Strategies for Wellness

### Lifestyle Tips for Migraine Relief

- **Relax and Simplify:** Try biofeedback, yoga, meditation, or hot baths to relax your muscles.
- **Get Active:** Exercise improves blood flow and helps release endorphins into your blood stream. Physical activity also takes your mind off your troubles and relieves stress.



## The Mystery of Migraines

The term migraine is derived from the Greek word hemicrania, which means “half of the head.” For 70 percent of migraine sufferers, the headache is unilateral or occurring on one side. Although the exact causes of migraines are unknown, they are related to blood vessel contractions and other changes in the brain. They also have a strong genetic component. People with migraines may inherit the tendency to be affected by certain migraine triggers. Migraines are considered to be vascular headaches because they are associated with changes in the size of the arteries in and outside of the brain. Prompted by biochemical changes in the brain, one of the larger nerve branches (the trigeminal nerve) in your head triggers a chain reaction. The changes in serotonin in the blood vessels and the brain lead to shifts of blood flow, bypassing the capillaries and going through shunts to the veins. The constriction and dilation of these vessels contribute to the pain of migraine. The changes in blood flow also mean less oxygen and nutrients get to the brain.

## Migraine Symptoms

Migraine headaches can immobilize you with throbbing pain, nausea and disturbing sensory experiences. An aura sometimes occurs before the pain begins. They can last from 4 hours to 3 days and usually occur 1 to 4 times per month. Symptoms include:

- Throbbing or pounding pain on one side or both sides of the head.
- Pain at the base of the skull, face and/or temple.
- Sharp pain, tight feeling around the head.
- Bursting, splitting pain.
- Nausea/vomiting.

- Disturbances in hearing, noise sensitivity.
- Blurry vision, flashes of light, pain behind the eyes or one eye, light sensitivity.
- Parts of the body may feel numb or tingly and/or weak.
- Dizziness, motion sensitivity.



## Homeopathic Bio-Aligned Formula™

Homeopathy is a gentle approach to good health that works by stimulating your body's natural defense mechanisms to bring your system into balance. It is based on an ancient principle of healing: the Law of Similars. According to this law, you can find relief by taking an extremely small amount of a specific natural remedy. The correct remedy is the one that in large quantities would cause the same symptoms.

MIGRAINE BLOCKER provides safe homeopathic remedies that offer quick relief from migraine symptoms. These ingredients address the multiple body systems associated with migraines, including hormonal regulation, stress response, sensory perception, the sinuses, and the digestive and nervous systems.

- Avoid the Following Migraine Triggers: Alcohol (e.g. red wine), environmental factors such as weather, altitude or time zone changes, foods that contain caffeine, MSG and nitrates, glare, hunger, and lack of sleep.
- Keep a Diary: Record the times, duration and severity of your migraines. You may discover a pattern over time. It's also helpful to keep a food log to determine the types of foods that might be migraine triggers.
- Migraine-Beating Nutrients: Magnesium, riboflavin (B-2), and omega-3 fatty acids can lessen migraine pain.

## Natural Wellness

Taking personal responsibility for your health is at the heart of the wellness revolution. Your local health food outlet is a great resource for nutritional education and effective, advanced natural products. Source Naturals is pleased to partner with these outlets to bring you innovative products like MIGRAINE BLOCKER for safe, natural relief from migraine headache pain.

### References:

The American Council for Headache Education. 2003. <http://www.achenet.org/>  
 Mayo Clinic website. 2003. Headaches and Migraines. [www.mayo.edu](http://www.mayo.edu)  
 Ullman, D. 1989. *Discovering Homeopathy*. North Atlantic Books.

## MIGRAINE BLOCKER™ is a Bio-Aligned Formula™ Multi-System Homeopathic Remedy

<b>Hormonal Regulation</b>	Natrum muriaticum (Sodium Chloride), Silicea (Silica), Chamomilla (Chamomile), Phosphorus, Pulsatilla nigircans (Wind Flower)
<b>Digestive System</b>	Chamomilla (Chamomile), Sanguinaria canadensis (Blood Root), Pulsatilla nigircans (Wind Flower)
<b>Stress Response Mechanisms</b>	Pulsatilla nigircans (Wind Flower), Scutellaria (Skullcap), Natrum muriaticum (Sodium Chloride), Zincum metallicum (Zinc), Ignatia amara (St. Ignatius Bean)
<b>Sensory Perception</b>	Iris versicolor (Blue Flag), Silicea (Silica), Scutellaria (Skullcap), Belladonna (Deadly Nightshade), Magnesia muriatica (Magnesium Chloride), Gelsemium sempervirens (Yellow Jessamine)
<b>Nervous System</b>	Magnesia muriatica (Magnesium Chloride), Juglans cinerea (Butternut), Gelsemium sempervirens (Yellow Jessamine), Scutellaria (Skullcap), Chamomilla (Chamomile)
<b>Sinuses</b>	Ignatia amara (St. Ignatius Bean), Zincum Metallicum (Zinc), Iris versicolor (Blue Flag), Pulsatilla nigircans (Wind Flower), Bryonia alba (White Bryony)



Strategies for Wellness<sup>sm</sup>

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