



Reduce Migraine Frequency & Intensity

“36 million people suffer from migraine headaches but less than half are being treated effectively with current treatment options.”

It's estimated that 36 million men, women and children in the United States suffer from migraine headaches. Yet, less than half of patients are being treated effectively with current treatment options. Did you know that there are natural therapies and strategies that can reduce the occurrence or intensity of migraines? To lay a foundation, let's consider four mechanisms: oxidative stress, excitotoxicity, inflammation and mitochondrial dysfunction individually and collectively have a profound effect upon brain tissue and function.

Dr. Court Vreeland summarizes these four mechanisms by using a word picture to communicate what's happening with "over excitability of the brain". If you have oxidative stress, excitotoxicity, inflammation or poor energetics due to mitochondrial dysfunction, the result will be "over-excitability of the brain".

Here are some of the migraine triggers identified in the medical literature. Migraine triggers include: hor-



monal changes (menstruation, ovulation, contraception or hormone replacement therapy), head trauma, lack of exercise, medication, stress, food additives like MSG and aspartame, sensory stimuli like bright lights or strong odors, changes to one's sleeping pattern, barometric pressure change, and certain foods like aged cheese, red wine, and chocolate.

Speaking of food, Dr. Vreeland also emphasizes that diet is one of the core issues with chronic pain. Here's how he deals with inflammatory foods. Using data from the

Journal of Pain Research 2010, he lists all potentially offending foods on his letterhead. He tells patients to avoid these foods for 90 days. Then, "after 90 days add them, one food at a time, every three days to see which foods precipitate pain.

It's true, clinical food allergy testing may provide greater clarity on immune related inflammation, but there are other mechanisms involved with offending foods. Ultimately, the result of this program is "more plant based foods." Plants provide food to support your microbiome. The human microbiome is the

population of more than 100 trillion microorganisms that live in our gut, mouth, skin and elsewhere in our bodies.

Beyond diet and eliminating migraine triggers, there is solid evidence supporting the use of supplementation in the preventative treatment of migraines. The Journal of Neurology did a meta-analysis to review pharmacologic treatment for migraine prevention. What was interesting was some botanical and nutrient agents were MORE effective than the drugs. They ranked the effectiveness of a therapy as follows:



Level A - Medications with established efficacy.

Level B - Medications are probably effective.

Level C - Medications are possibly effective.

Level U - Inadequate or conflicting data to support or refute medications use.

The length of the study, the design, its ingredient dosing may allow some of the compound medications to shift from one category to another. But for our purposes, if something is in the A or B category, we have good science to support its use.

In Level A the first and only suggested agent is petasites; butterbur, a plant extract.

In level B there are several NSAIDS but here we find magnesium, feverfew and high dose riboflavin.

Level C reveals Co-Q10.

Based on this study and his clinical experience Dr. Vreeland worked with Biotics Research to develop MygranX, a supplement designed to combat the forces that create an "over excited brain" namely : oxidative stress, excitotoxicity, inflammation and mitochondrial dysfunction. MygranX contains Petasites or Butterbur, Feverfew, as botanical agents to reduce inflammation, Riboflavin, and emulsified Coenzyme Q10, to support energy production and mitochondrial repair, also phytolens, a powerful botanically based proprietary antioxidant.

MygranX naturally supports the vital mechanisms to help prevent migraines. It's not a pain reliever like a prescription drug, but rather a blend of natural ingredients to re-balance brain mechanisms and address the root causes of migraine headaches. With a wellness approach, over time, some patients become migraine-free.

Dr. Court Vreeland shared how he helped reduce the frequency and intensity of a patient's headaches by 50%. But this reduction saved her over \$800.00 a month in medication costs. By reducing oxidative stress, excitotoxins, inflammation and supporting mitochondrial repair, her life has changed dramatically. If you suffer from migraine headaches, talk to your wellness clinician about a preventative approach using natural supplements and diet. And ask your clinician about MigranX.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk