

NATURAL AND DRUG-FREE WAYS TO END YOUR MIGRAINES



Dr. Gregory Jean-Pierre

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INTRODUCTION

Thank you for getting this booklet and I hope that you will find practical and actionable information to help you find hope and healing. My name is Dr. Gregory Jean-Pierre, and I have been helping people with migraine headaches and related conditions find natural and drug-free relief for many years.



Most people cannot appreciate the devastating impact of migraines. Migraine headaches disrupt every aspect of life since you lose the ability to do anything normally, especially when movement is involved. It can totally incapacitate you, often confining you to bed.

Many people who have some form of illness or chronic pain that has plagued them for years have had numerous doctors' visits and promises, often without long-term results. Unfortunately there is no magic bullet or pill that will simply heal you! The realization of this has led many people to our door.

The process of getting well requires a doctor that is willing to get to the cause of the illness and/or pain and not just mask the problem with meds; a doctor that understands how to reverse years of degeneration; and lastly, a doctor that can create a success plan incorporating ALL of the fundamental facets of health care, not just one. TRUE healing has occurred when you get your body back to the place it once was (or maybe even better) before you acquired the troubles you have today! Yes, that is possible but it takes hard work and consistency.

The fundamentals of upper cervical care re-empower the nervous system so that you can heal properly. It is truly a "miracle" system when done to its fullest potential but it is not enough to create full health. Full health requires the adoption of a proactive healthcare model; doing what it takes to get healthy and stay healthy, not just treating symptoms. This includes a nervous system free of interference, good nutrition, regular exercise and plenty of rest. This recipe will remove the obstacle of "no hope". It is a success system that heals the ONLY effective way...from the "inside out". This is what we will explore in this booklet.

This booklet is for educational purposes only. Before beginning a new diet or exercise routine please consult a physician.

MIGRAINE OVERVIEW

Migraine headaches are different than other types of headaches. The severity of a migraine can be debilitating. As you probably already know a migraine usually, but not always, involves a severe, one-sided headache that is often described as pulsing or throbbing. There is a certain pattern when it comes to migraine pains. Some people experience it once a month, some once a week. There are even certain individuals



who may experience migraine once a day.

In addition to the migraine pain, one may also experience other symptoms. Commonly the pain is accompanied by a dizzy and/or nauseous feeling. When in pain, individuals are sensitive to light, sound and even to certain types of smells. Due to the nature and severity of the pain caused due to migraine, it can hinder one's ability to go about their daily routine. A typical migraine attack lasts for at least 30 minutes but the pain can go on for as long as 6 hours depending on the person.

Commonly migraines occur in adults, however, there are countless cases to suggest that migraines can occur in children and teens as well. There are studies that show that one in every 10 children under the age of 12 suffers from migraines. They affect boys and girls equally. Migraines are known to affect girls more than boys when they are undergoing puberty.

Statistics

- Individuals with migraine have a tough time keeping up with their daily routine. A severe case of migraines can even result in disability. In fact, migraines are one of the most common causes for disability.
- Migraine disability can be comparable with the disability caused by active psychosis, dementia and quadriplegia in some individuals.
- People who suffer from migraines can lose time from work and school. Over 20 million days are lost from work or school due to migraine disability annually.
- At an average, over **35 million US citizens suffer from migraines**. Women tend to experience migraines more than men. Out of the 35 million who suffer from migraines, over **26 million cases are of women**.
- Migraine pain itself is not a situation that can threaten one's life. However, individuals who suffer from migraines are more likely to suffer from strokes.
- There is a greater chance that an individual suffering from migraines will develop depression. This may be because of all the activities that they are not able to do or all the hours that are lost from work or school.
- Migraine patients also suffer from discrimination in life due to their situation. This is not the case with all patients, but about 1/3 of individuals suffering from migraine have undergone ridicule or discrimination at home or work.

TRIGGERS

The medical approach to the majority of health problems is to focus on treating the symptoms rather than discovering the underlying cause. The most common form of migraine treatment today is the use of prescription and over-the-counter drugs. Not only are these medications costly, but they also can cause numerous, negative side effects.

Here are some common drug therapies and their side effects. Imitrex | Maxalt | Zomig | Relpax | Naproxen

- Abnormal Sensations (tingling, burning)
- Dizziness (Vertigo)

- Weakness
- Neck, Jaw, and Throat Pain • Nausea
- Abdominal Pain

The BBC is reporting that up to a million people have “completely preventable” severe headaches caused by taking too many painkillers.

Many people are trapped in a “vicious cycle” of taking pain relief medication, which then causes even more headaches.

It is important to understand that there is a cause for every effect in the body and migraines are being caused by something. Covering up the symptoms of migraines temporarily may be necessary, but the long-term use of migraine medications without seeking the underlying cause is not a wise approach for your health.

Is important understand that certain situations in your brain and body may make it more likely that you will suffer from migraines. We will look at the underlying situation more later, but here are a few other triggers that can initiate a migraine attack:



Weather Conditions

There are quite a few people who experience migraine pains because of a change in weather. Now, the exact type of weather change that triggers migraines is not uniform throughout all individuals. But there are certain types of weather changes that trigger this type of headache. Many people experience migraines in summers when the temperature rises excessively.

Stress Release

The body undergoes many changes when stress is released. Some migraine sufferers may experience an attack after an extremely stressful week. College students will sometimes get migraines after finals, for example.

Sleep Patterns Change

It is perfectly natural for the body to experience various symptoms when the sleep pattern is disturbed. But in the case of migraine patients, a slightly disrupted pattern could trigger an attack. Individuals who suffer from migraine should form a sleep pattern and stick to it. Even the slightest change could trigger a massive attack.

Caffeine Withdrawal

Migraines can also be triggered by caffeine withdrawal. Caffeine is a stimulant and if you consume too much, your blood pressure will increase. When the effects of caffeine start to wear off, you are more likely to suffer from a migraine. You may have a similar effect if you consume caffeine right before going to bed. You should consider consuming less coffee over time to avoid suffering from caffeine withdrawal and eventually migraine.



VITAMIN DEFICIENCY

MAGNESIUM

There are many reasons why people may suffer from magnesium deficiency. In most cases, physical stress can cause this. When your body does not have enough magnesium, it can trigger a migraine attack. If you have a magnesium deficiency, you should consume supplements.



B2

Riboflavin is involved in vital metabolic processes in the body, and is necessary for energy production and normal cell function and growth. It is also crucial in helping other B vitamins undergo the chemical changes that make them useful. Riboflavin can act as an antioxidant. Migraines can be prevented or alleviated with riboflavin supplementation.



Vitamin B2

B12

You may be at risk for a vitamin B-12 deficiency if you are a vegetarian, have undergone weight-loss surgery, have celiac or Crohn's disease or are over the age of 50. Scientists suggest that elevated homocysteine may disrupt cells in the nerves and blood vessels to produce migraines. Harvard School of Public Health reports that a lack of vitamin B-12 may contribute to increased homocysteine levels.



CoQ10

Coenzyme Q10 or CoQ10 is a vitamin-like compound that is found naturally in mitochondria, which is the major source of cellular energy production. CoQ10 is involved in the contraction of the muscles and the metabolism of proteins. It protects our body from free radicals caused by stress and environmental toxins. CoQ10 and B12 were found to significantly reduce the frequency of migraine attacks. Children and teenagers suffering from migraines tend to be deficient in CoQ10.

Food Sources of CoQ10



Vitamin D

Vitamin D is an essential fat-soluble vitamin that is naturally produced by your body when ultraviolet light from the sun hits your skin. Vitamin D is a major contributor to overall good health, as low levels of this vitamin have been linked to heart disease, cancer, osteoporosis, chronic pain disorders and, most recently, to migraines. While experts disagree on exactly where to draw the line for vitamin D deficiency, the Vitamin D Council states the minimum acceptable level in the blood is 50 nanograms per milliliter or 125 nanomoles per liter because this is the point where your body starts to use vitamin D as soon as it is made or consumed, which isn't sustainable. People who suffer from chronic migraines tend to have insufficient levels of vitamin D. This is why more people suffer from migraine and tension-type headaches at higher latitudes -- farther away from the equator -- and why more headaches are reported in the autumn or winter than in the summer.

FOOD ALLERGIES

Food allergies may also be the culprit of migraines, with common triggers being nuts, aspartame, monosodium glutamate, alcohol, caffeine, cheeses, nitrates and simple sugars. Vasodilation -- the widening of blood vessels -- in the head has been suspected, as well as low and high blood pressure, hormones and environmental influences.

GLUTEN

There are quite a few people who are sensitive to gluten in wheat and other processed foods. The best way to determine if you are gluten intolerant is to stop consuming gluten altogether. This should be done for at least two weeks. If your migraines stop, then you are intolerant to gluten.

Allowed Food	Avoid unless labeled Gluten Free	Avoid Food
Beans, seeds, nuts in their natural, unprocessed form	Beer	Barley (malt, malt flavoring and malt vinegar)
Fresh eggs	Breads, bread crumbs	Rye
Fresh meats, fish and poultry	Cakes, pies, cookies, crackers	Triticale (a cross between wheat and rye)
Fruits and vegetables	Candies	Wheat, bulgur
Most dairy products	Cereals	Seitan
Teff (tef)	Salad dressings, sauces including soy sauce	Durum flour
Amaranth	Croutons	Farina flour
Buckwheat	French fries	Graham flour
Corn (maize)	Gravies	Kamut
Millet	Imitation meat or seafood	Semolina
Quinoa	Matzo	Spelt
Rice	Pastas	Couscous
Sorghum	Processed luncheon meats	Triticale

ALTERING YOUR DAILY ROUTINE TO OVERCOME ATTACKS

There are many things you can do in your daily routine to reduce the frequency of migraine attacks.

Regular Exercise

There are many reasons to exercise regularly. First and foremost, you will be able to relax. When you exercise, a hormone is produced in your body that relieves stress. Therefore, it is safe to say that exercising can relieve stress and reduce the frequency of migraine attacks. However, do not make the mistake of exercising excessively during the first few weeks. If you are not in the routine of working out regularly, you should start small. Begin by exercising about 30 minutes daily. Also make sure that the exercises you are performing are not difficult.

If you work out too hard during the first few weeks, it could trigger a migraine attack. Gradually you can tweak the intensity level of your exercise and work out as hard as you wish. Another advantage of exercising regularly is that you will be able to improve the quality of sleep. If you have trouble sleeping currently, you will notice that once you begin exercising you won't any more.

Good exercise programs to consider our yoga, Pilates and other body weight exercise programs.



Avoid Bright Lights

It is perfectly natural for the body to experience various symptoms when the sleep pattern is disturbed. But in the case of migraine patients, a slightly disrupted pattern could trigger an attack. Individuals who suffer from migraine should form a sleep pattern and stick to it. Even the slightest change could trigger a massive attack.

Avoid Going About Your Routine with an Empty Stomach

An empty stomach can induce stress and cause your blood pressure to rise. This is why you should avoid going about your errands with an empty stomach. Most people get a headache if they haven't eaten in a while. If you have migraine problems, an empty stomach could trigger an attack. The best option is to consider carrying snacks with you at all times. Even a simple granola bar will do as long as it prevents you from feeling hungry.

MIGRAINE AND NUTRITION



Eating certain types of foods triggers many migraine attacks. Do keep in mind that this is not always the case. Migraine attacks can also be triggered by what you are not eating. If you have a nutritional deficiency, it can trigger a serious migraine attack.

Foods That Can Trigger Migraine Attacks

- **MSG:** This is a type of spice, which is commonly used, in Chinese foods. This is basically a type of salt. However, this type of salt has different chemical properties than the regular salt that you use. MSG is a potential trigger for regular headaches and if you happen to have migraine, it can trigger that too. This is why you should avoid consuming MSG.
- **Vinegar:** Another possible trigger for migraine is vinegar. You should avoid using vinegar in the food you cook.
- **Citrus Juices:** You may be using citrus juices in many types of foods. These juices can trigger migraine pains.

Migraine attacks can occur when you are constantly exerting yourself without getting proper hydration. You will also experience similar symptoms if you skip meals. Stress can also be a major factor.

If you have migraines, you should consider drinking lots of water and staying hydrated all day long. A good rule of thumb is to drink about half your body weight in ounces of water per day. To make sure you are getting enough nutrition, you should eat 5 to 6 small meals daily. This will keep your body well nourished and you will be able to avoid migraine.

Most people who suffer from migraines may also find wheat cereals and certain types of processed meat to be a trigger. Also, alcoholic beverages and drugs should be avoided at all costs.

Foods That Curb Migraine

There are many foods that you can consume to curb a migraine attack. These foods supply your body with essential nutrients and vitamins. These vitamins are essential in preventing migraines.

- **Crimini Mushrooms:** There is substantial research that suggests that consuming Crimini mushrooms can prevent migraines. This is because these mushrooms contain Vitamin B2. This vitamin is known to reduce the occurrence of migraines by 50%. You should consume at least 400mg of Vitamin B12 on a daily basis. Crimini Mushrooms is one of the chief sources of this vitamin.
- **Spinach:** Spinach is also rich in magnesium and can fulfill 40% of the body's daily magnesium requirement. Migraines can also be triggered by a magnesium deficiency.
- **Broccoli:** CoenzymeQ10 provides energy to the body and also improves the health of the blood vessels in the body. It is also keeps your body's stress levels at the lowest. This prevents excessive stress levels from triggering a migraine attack.
- **Watermelon:** To prevent dehydration you should consume fruits with lots of water. One of the best fruits for this purpose is a watermelon. Consume at least one serving of watermelons on a daily basis to remain adequately hydrated. But be sure to consume plenty of water along with this as well.

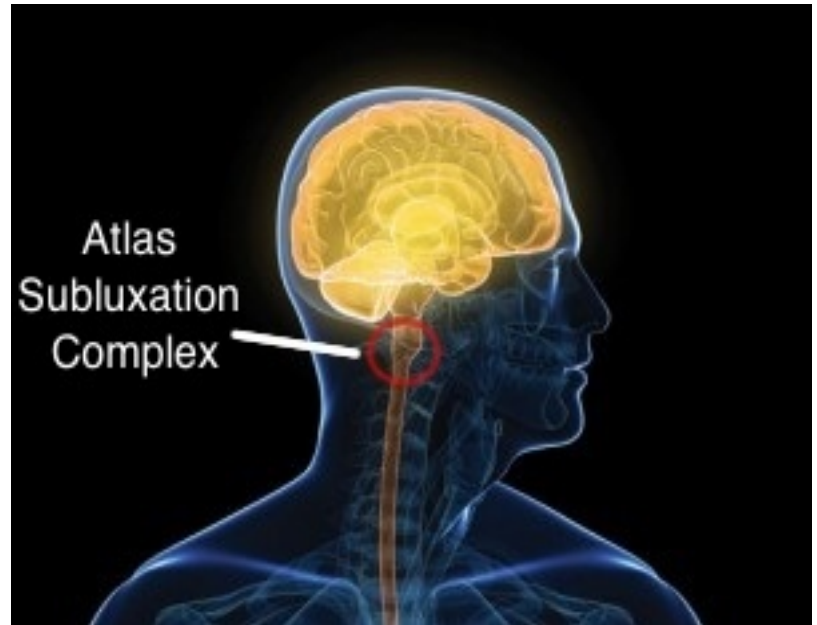
GETTING HELP

Visit An Upper Cervical Neck Specialist

Have you ever had a car crash, fall, sports injury, or have you been a victim of domestic violence?

Have you been knocked unconscious, had a concussion, whiplash, or other injury to your head, neck or spine?

If you have had a head or neck trauma it is likely that you have suffered an undetected injury to your upper neck (the atlas and axis vertebrae is also known as C1 and C2).



Upper neck injuries are very common, especially in those suffering with migraines. When the upper neck is misaligned due to accidents and injuries it changes the way the brain is working, including changing the flow of blood and cerebrospinal fluid.

Upper cervical doctors have been helping patients with headaches for more than 100 years. Research suggests that adverse tension from cervical joint dysfunctions could cause cervicogenic headaches. In an article in the Journal of the American Medical Association (JAMA), E. Seletz discusses how most headaches related to whiplash are from an injury to the C2 nerve root. He points out that the vulnerability of the nerve root is due to the fact that there are no pedicles or facet joints in the upper cervical region. He states that many “headaches are not headaches at all, but really a pain in the neck.” Seletz also discusses the vulnerability of the vertebral artery and upper cervical spine and how this can be injured in a whiplash. He relates the following symptoms to disturbed blood flow in the vertebral artery: vertigo, migraine- like headaches, nausea and vomiting, disturbed speech and swallowing, and unsteadiness of gait.

The Department of Anesthesiology at the UCLA School of Medicine tried to determine whether the pain from cervicogenic headaches could be due to referred symptoms from myofascial trigger points. Of the 11 patients studied, 10 had specific segmental dysfunction of the upper spine. The author concluded that cervical segmental dysfunction is a common finding with these patients and recommended that conservative care be provided before surgery.

Another study examined a group of 12 children complaining of severe headaches. The study group was compared to a matched group of 12 headache-free children. The results showed the children suffering from severe headaches had very tense neck muscles.

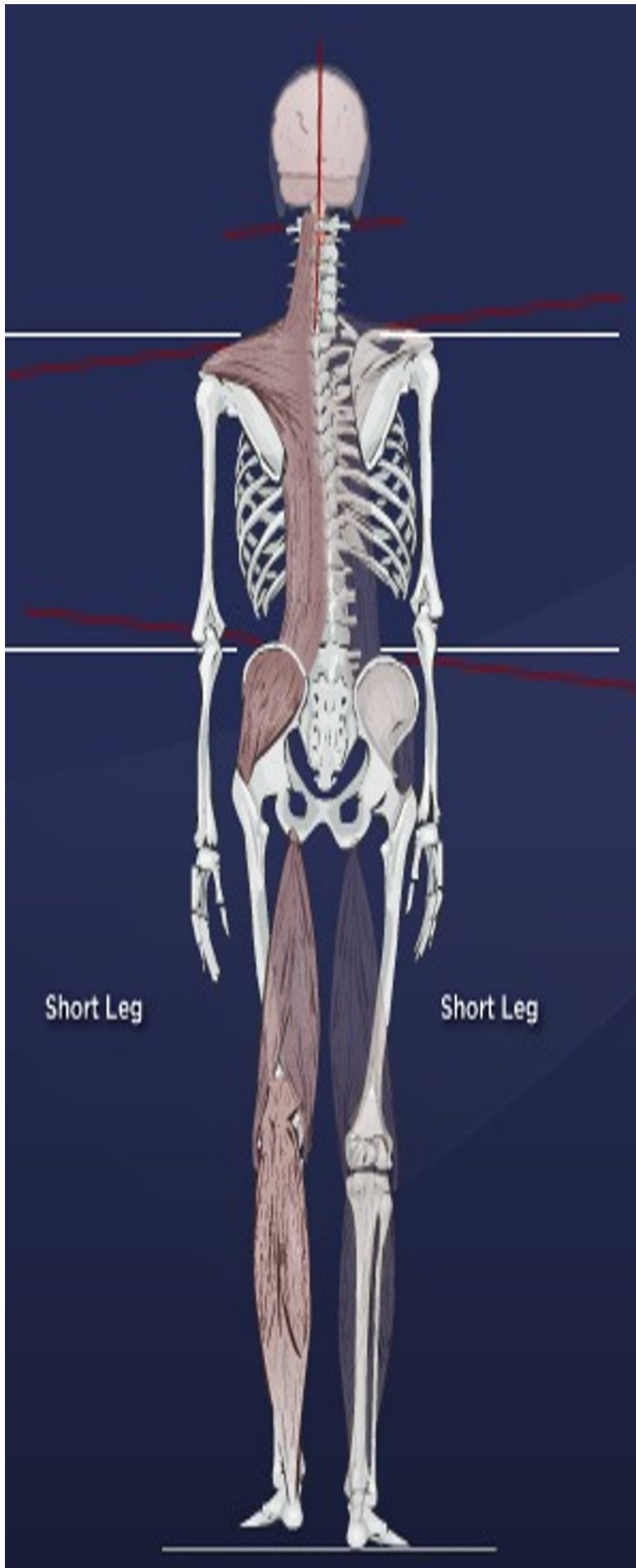
A study out of Norway made the following statement in reference to the importance of the cervical spine: “Not only a passive role—that of a link between the head and the rest of the body—is allotted to the neck. All its important structures make it a critical part of the body. With his own local motion, man can make up to around 40 km/h. The dimensions and the structure of the neck have not been designed for modern velocities and their inherent accidents.”

In a controlled clinical trial, Drs. Boline, Kassak, Nelson, and Anderson studied spinal manipulation versus amitriptyline for the treatment of chronic, tension-type headaches. The data reveal not only that upper cervical corrections are safer than drug therapy, but they also provide longer-lasting relief than amitriptyline medication.

These studies from both the medical and chiropractic literature show a correlation between cervical biomechanical dysfunction and headaches.

Our bodies are designed to be aligned and balanced. The head should be centered over the spinal column, the shoulders should be level, the hips should be level and the legs should be balanced with the same amount of weight distributed to both feet.

Accidents and injuries will tear loose the connective tissue that holds the spine in place leading to abnormal movement and dysfunction. A normal upper cervical spine should be able to move freely from side to side and front to



back. A misaligned upper cervical spine results in abnormal binding movements as the injured and displaced joints in the neck struggle to move freely. If you have been to a medical doctor and were told that your x-ray looks normal that does not necessarily mean all is well.

It's like putting a lid on a jar. If it is all lined up just right it works like a charm. If it is not aligned just right, though it may look ok but it just doesn't work.

The weight of your head, which is 10 to 14 pounds, must be balanced directly over your neck in order for your spine and nerves to work the way they were designed.

As the head shifts from center the entire body must compensate in order to deal with the new position of the head.

If you have had an accident or injury that has led to a misalignment of your upper neck, we will be able to locate it and correct it with a specialized upper cervical (upper neck) corrective procedure.

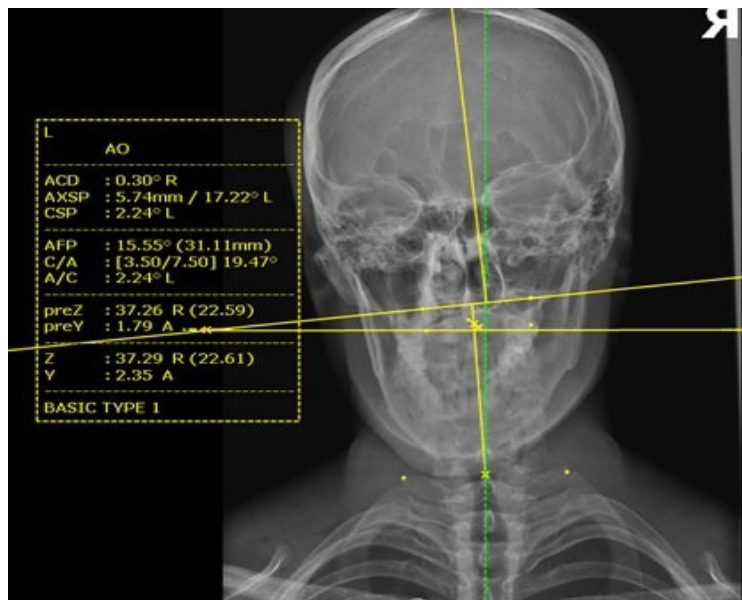
But I've Seen a Chiropractor and It Didn't Help

At this point you may be thinking, "but I've seen a chiropractor it didn't help." Or you may be wondering, "Can any chiropractor do this type of procedure?"

The upper cervical corrective procedure that we utilize has been developed over the past 80+ years. The procedure takes rigorous postgraduate training; this is why only approximately 250 doctors worldwide have mastered this technique.

Upper cervical techniques have been demonstrated to improve high blood pressure, neck pain, multiple sclerosis, seizures, sleep problems, Parkinson's disease and of course, migraine headaches. The upper cervical correction is very precise and very gentle without any of the popping, cracking, or twisting of the spine involved with general chiropractic manipulation.

The Upper Cervical Doctor takes extremely precise x-rays of the head and neck to determine the severity and type of the spinal misalignment instead of relying on guesswork. The Doctor will then analyze the x-rays utilizing mathematics, physics and biomechanics to determine a specific upper cervical correction formula that will work to bring your spine back into alignment. After the first upper cervical correction, the Doctor will take two post x-rays to determine the response of the body to the initial correction.



After the initial evaluation the doctor will be able to estimate the number of corrections needed and the length of time necessary for the spine to be stabilized. It's not about being adjusted, thousands of times. It's about getting the spine back into a normal and balanced position and keeping it that way for as long as possible.

General chiropractic manipulation is a lot like vague directions. Sometimes you will get to your destination but many times you will miss the mark. A specific upper cervical corrective procedure is like having a preprogrammed GPS. In that circumstance, you're much more likely to get the results that you were looking for. The precision and specificity with which we work, allows us to get more predictable results in the correction of the spine. It is spinal engineering... physics, mathematics and biomechanics applied to the spine. Please feel free to review the upper cervical chiropractic research references at the end of the book.

NUCCA RESULTS

As a former migraine sufferer, I know first hand the debilitating effects of migraines. For 20 years, from the age of 5 to 25, I dealt with migraines 2 to 4 times a week. After seeing countless specialist, and taking a variety of drugs, I was told it was something I would have to learn to live with for the rest of my life. The most frustrating part about that ordeal is the fact that I never got a straight answer as to the cause of my migraines. All my tests were always negative but yet the migraines were getting worse. Thanks to NUCCA, I got my life back. After a year under NUCCA care my migraines were reduce to once or twice per year. This is why I dedicate my life and my practice to helping those that are suffering with migraine now. My passion comes from seeing people with this debilitating disease get their life back and fulfill their purpose in life.

Here's what a few of my patients hade to say:

"I was miserable at least 50% of my life. The discomfort was oppressive." Sandy was experiencing neck pain and severe headaches. She had seen chiropractors and has taken "tons of Tylenol" to relieve her pain.

A friend told her about NUCCA care. With this care, Sandy reports life-changing improvement. Her neck pain is 80% better and her headaches are 90% better. She no longer takes medications for pain.

"Sometimes we get so used to not feeling well, that we don't know what it is like to feel healthy and pain free. I would encourage anyone, who wants to improve his/her health and quality of life, to give NUCCA a try."

--Sandy M

Michelle had experienced severe headaches for 13 years, every single day. A medical doctor referred her to Upper Cervical Institute of Florida for NUCCA care.

Since being under NUCCA care, her headaches are much less severe...70% better.

She says: "The proof is in the x-rays. I can see that my body is healing itself, actively".

--Michelle S

Darby came to us suffering from chronic and debilitating headaches and upper neck pain. The headaches prevented her from being able to focus or really enjoy herself at all from day to day. Before coming to our office, she had visited "run of the mill" chiropractors and massage therapists which at best, gave her momentary relief.

Since Darby's first correction her headaches have been eradicated and her focus and passion for life have returned in such a way that she shall make up for any lost time from pain. The care she has received has improved every aspect of her day-to-day functioning.

Darby says...“If you have tried to find a doctor who specializes in your problem but came away unsatisfied, look for someone who acknowledges the function of the whole body. Look for someone who understands you are a human and not just a skeletal system. This is one reason I love Upper Cervical Institute of Florida!”

--Darby W

“I have had fibromyalgia syndrome for the past 10 years with daily medium to severe migraine/tension headaches and back pain. Before seeing Dr. Jean-Pierre I was having to take more and more medication and having to spend more and more days lying down in a dark room suffering.

The first time after seeing Dr. Jean-Pierre I experienced the first headache free day I had had in years. And since that day has continued to experience more and more headache free days. Now I only occasionally have to take medication for a mild headache. Dr. Jean-Pierre has given me back my life. Experiencing pain free days is something I thought I would never experience again. Thank you Dr. Jean-Pierre you've helped me so much. I only wish I would have come to you sooner!”

--Kris G.

CONCLUSION

Migraine headaches can be a source of immense anxiety in your life. It is extremely difficult to live with the possibility of getting a migraine at any moment. After reading this booklet, you should be able to determine possible triggers that result in a migraine attack.

Once you eliminate these triggers or at least avoid them, the frequency of migraine attacks will be significantly reduced. While eliminating triggers can be important it is much more important to address the underlying cause of the condition.

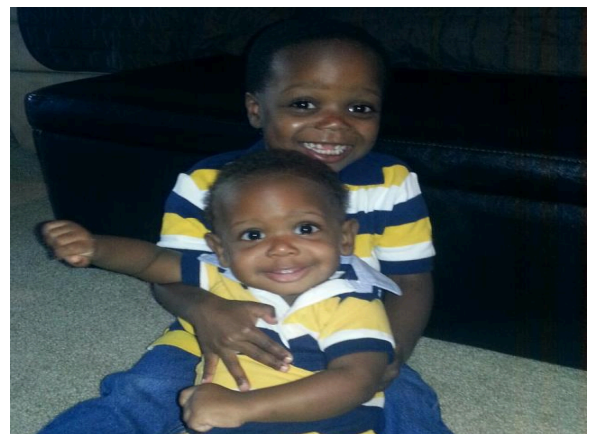
NUCCA care is focused on correcting a common underlying cause of migraines. When blood and cerebrospinal fluid flow normalizes as a result of an upper neck corrective procedure, many of the triggers will cease to affect your body.

Thank you for reading this booklet and if you would like to speak with me personally in my Boca Raton's office about your migraine headaches call **561.409.3594** or visit my website

Dr. Gregory Jean-Pierre
NUCCA Practitioner <http://www.UpperCervicalInstitute.com>

SCHEDULE AN
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Dr. Gregory Jean-Pierre
Upper Cervical Chiropractor
NUCCA Practitioner
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