WARNING

I am not a doctor or healthcare professional. The information provided in this document is for educational and informational purposes only.

Any recommendations concerning dietary supplements, lifestyle changes, or other procedures are the reader's own responsibility.

Before making any changes, I recommend consulting a qualified doctor or specialist.

DŮVĚRNÉ
NOTÁŘSKY OVĚŘENO
MARTIN ŠKOLA
AUTOR TOHOTO DOKUMENTU.
DALŠÍ ŠÍŘENÍ ZAKÁZÁNO

Martin 47 years old (10 years of migraine)

INTRODUCTION

First, it is important to understand that no miracle will cure your migraine; it will take considerable effort and determination for gradual improvement over time.

Furthermore, keep in mind that a headache is simply a consequence of something you have been doing wrong for your body and mind over a long period.

And that is my story as well – when I was young, I was an athlete competing in tennis, but as often happens, sport slowly but surely (unless you properly replenish magnesium and other nutrients) wears down the body, and when constant stress from matches was added, I developed my first illness – tetany. I quit tennis and started working, where I have spent my entire life up to now working in three-shift shifts. Life went on, and I gradually stopped paying attention to my body, until a turning point – at 33, my girlfriend and I had twins. I wasn't prepared for the nonstop hustle with very little sleep, the constant physical and mental strain, and so my tetany worsened and the first anxieties began to emerge. I started seeing a neurologist and began taking antidepressants that I disliked, my condition worsened, and at that moment I experienced my first headaches. For a long time, the episodes occurred only sporadically, a few times a month, so I didn't pay much attention to them. Around the age of 38, however, the pain intensified to the point that my neurologist started prescribing triptans for the pain, which I unfortunately began taking more frequently over time. I had migraines every other day. At 45, I started visiting the headache center in Ostrava, where I switched to biological treatment and began administering AIMOVIG injections myself. The initial results were promising; while migraines remained just as frequent, they were generally milder and could be relieved with other common painkillers. But after a year, there was another turning point: my girlfriend left me, and the children went into alternating custody. Suddenly, my life again went off its

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familiar path (migraine doesn't like change), and I also met a new girlfriend, which brought strong emotional strain (even beautiful things are a burden on the body), plus I wanted to be attractive, so I started exercising a lot (another strain on the body), and the migraine appeared in such a way that I had it for 53 days straight. Such overwhelming anxiety came with trembling, and I completely broke down, staying on sick leave for over half a year, and it was hell.. I even started considering ending my life. Fortunately, my new wonderful girlfriend didn't give up on me and tried to help me in any way she could.. And that's when a turning point came—I realized no one would solve this for me. I had only two choices (I didn't want to live like this): either give up on life or stop feeling sorry for myself and start fighting to try and get through it!

And that is what I want to share with you. It is a year later, I have started going to work, and I only get migraines about four times a month, and they are mild; I don't take triptans at all, only Ataralgin occasionally. The anxiety is fading, and I finally know that I am on the right path. I want to share everything that helped me with you, and I will be very happy if it helps you because living with migraine and anxiety is not easy at all.

I would begin with what triggers my migraines the most.

1) And that is definitely anxiety, trembling, and depression – this is the area I will focus on the most because it's a vicious circle. Anxiety causes migraines, and migraines cause anxiety...
2) Another vicious circle is painkillers. The more painkillers you take, the more often your head will hurt. I will explain how you can survive many migraines without painkillers.
3) If you have low or high blood pressure. Differences in blood pressure are another very common migraine trigger.
4) Other triggers – hormones in women, lack of sleep, poor diet, pain from the cervical spine, high eye pressure, alcohol, etc.

WARNING FOR MIGRAINE SUFFERERS - here you will read many things to do, things to take, etc. Please start gently, in small cycles, in small doses, so that the body can adapt. Migraine hates change and will make it clear to you from the start..

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If you suffer from migraines or anxieties, for both it applies that you must first heal your body. That is the foundation, do not underestimate it. You need plenty of energy to be able to heal your head and soul..

I recommend getting blood tests done at an external company for all substances in your body. It tells you a lot about your condition and what you need to supplement.

You should also buy a blood pressure monitor. It is especially important for people with migraines to monitor their blood pressure so that it is not too high or too low.

Also, buy a glucometer to keep track of proper blood sugar levels.

A healthy body starts with the intestines; I take milk thistle every morning in any form. I most often use:

NATIOS Milk Thistle Extract, Ostropestřec, 5000 mg, Extra Strength, 90 veganských kapslí

Ostropestřec je poměrně známá bylina, která je tradičně spojována s podporou **zdraví jater**. Příznivé účinky ostropestřce mariánského jsou způsobeny především obsaženými flavolignany, které nesou souhrnné označení jako **silymarin**.

Každá veganská kapsle obsahuje ekvivalent **5000 mg surové byliny**. Extrakt ze semen je obsažen v koncentraci 10:1, což znamená, že z 5000 mg semen bylo získáno 500 mg čistého a účinného extraktu, který je **10x silnější** než stejné množství surové byliny.



You can also support your digestion and gut microflora with Pro 12+ – a unique combination of prebiotics, probiotics, and postbiotics. Contains the patented ingredient Prolac-T™, which supports the natural balance in the intestines and aids their cleansing, see the image below.

https://www.liali.shop/doplnky-stravy/lr-lifetakt-pro-12--kapsle/



You should find a physical balance between movement and rest, both are important. Start slowly running, lightly exercising, swimming, cycling; yoga is also excellent (all help reduce anxiety and create a ritual you will look forward to).

Rest is then important. Relax – there are many relaxation techniques on YouTube, such as guided autogenic training.

https://www.youtube.com/watch?v=_TEaOy6wCeE

Breathing techniques, for me the clear winner is the 4/6 technique (I will elaborate on this technique later). But the basic rule with breathing: if you have a longer inhalation than exhalation, you activate the sympathetic nervous system (energy), and if you have a longer exhalation, you activate the parasympathetic nervous system (rest mode).

Vagus nerve stimulation, meditation, baths with relaxing salts, relaxing music...

You should do everything in this order: 1) replenish energy with food

2) exercise, movement

3) rest mode, relaxation

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What to do to have energy? I'm no nutritionist, but I have a few tips:

Let's start with water. Water is the basis of life, it makes up 60% of the human body, so drink a lot, but drink clean, not contaminated, water. I witnessed a water contamination test – tap water didn't pass at all, and neither did bottled water. That's why use filters.

For the demanding:



An effective and reliable solution for clean drinking water

The ECONOMY WATER filter uses advanced reverse osmosis technology that removes 95–98% of impurities in the water, including chlorine, heavy metals, bacteria, viruses, and substances that worsen taste and odor. Thanks to the 5-step filtration system, it provides crystal clear and fresh water directly from your tap.

https://www.liali.shop/pristroje/filtr-na-vodu/

For those who cannot afford it yet:

Laica MicroPlastic-STOP UFSBE02 Filter Jug



Broths – make broths often, the best food for replenishing energy and fluids (I pour a glass of clear broth from each batch I make, put it in the fridge, and then drink it cold).

Miso soup is also excellent.

Prepare plenty of protein shakes to supplement protein.

Replace white refined sugar with cane sugar, which contains the molasses the body needs.

Also replace wheat baked goods with rye.

Anxiety

I would never have believed that anxiety could completely take a person out of life, but I experienced it firsthand and went through hell for several months. Fortunately, there are plenty of helpful crutches that can assist a person.

Anxiety does not come out of nowhere, but a person collects it over years through a stressful life, negative thinking, etc. until it reaches the point where the body and mind say enough and you collapse.

Therefore, the first important advice is - **Put your life in order as much as possible** this applies to all aspects of life (family, housing, work, health, relationships, etc.)

And the second piece of advice is even more important – I went to two psychologists, the first gave me nothing, but the second gave me such advice after the second session that I no longer needed any psychologist, and my condition has improved a lot since then. **He told me that I am the master of my thoughts and my body, and not the other way around.** The most important sentence that needs to be understood. Those anxious thoughts running through your mind that only make you afraid to do anything and then cause panic attacks cannot control you.

Thus a vicious circle arises: bad thought – bodily reaction – I notice the reaction – I get scared – the symptom intensifies.

Typical manifestations – heart pounding, chest pressure, trembling, nausea, dizziness.

How to get rid of those negative thoughts? Simply put, you have to change that negative thought into a positive one. Here are a few examples.

I was afraid to return to work after a long sick leave, and it kept running through my head, causing negative physical reactions. So you need to tell yourself that you can do it, that you've already handled it at work before, so you can handle it again. And this is what I began telling myself over and over every time I thought about it. The negative thought started to weaken and after about two days it disappeared completely. Do you understand? And this is how you can approach absolutely everything. You're not feeling well, so tell

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yourself it doesn't matter, you'll feel better in a few days, and don't keep dwelling on how you feel. **You are your own master and you feel however you want to feel.**

Furthermore, I would recommend not staying alone, seek company, work (it works excellently as a distraction), read books (Dale Carnegie – How to Stop Worrying and Start Living), solve crosswords, sing to yourself, relax with music, walk in nature, kiss, consider getting a dog, swim, practice yoga, do what you enjoy.

And now the safety crutches – if you have already had a breakdown, it is not a bad idea to visit a psychiatrist to have some antidepressants prescribed for a few months. For me, it was Brintellix, but be aware it takes a month for serotonin levels to build up and start helping you. Meanwhile, you will feel much worse, but you have to endure it. That's why I recommend using Rivotril during that time so you don't suffer, then stop it after a month once you feel better.

There are also various online courses, like metalearning.cz, mindwell.cz, bettermind.cz, that can help you.

On https://www.youtube.com/ you will find lots of inspiration, such as:

- relaxation techniques, autogenic training
- progressive muscle relaxation
- stress-relief imagery techniques
- positive reframing techniques
- mindfulness techniques and others

Another tool when you have a panic attack is box breathing.

- inhale through your nose for 4 seconds
- hold your breath for 4 seconds
- slowly exhale through your mouth for 4 seconds
- and then hold your breath again for 4 seconds

Focus on your breathing. Counting the seconds distracts you from panic thoughts; keep breathing until you calm down.

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It's time for the main part: the list of things that helped me during healing.

Each thing will have my personal rating from 0 to 10 points, both for migraine (M) and for anxiety (Ú).

Vagustim

https://vagustim.io



Vagustim AI is the first and only vagus nerve activation personalization technology in the world that uses artificial intelligence. Based on your purpose of use and personal profile, the Vagustim AI algorithm automatically adjusts activation parameters, eliminating the trial and error method. Vagustim AI, based on insights from more than 600 scientific studies, continuously adapts and retunes parameters over time according to how you use the product and how you improve. The result is a smarter, easier experience that combines science, technology, and ease of use into one seamless solution.

I like this device, I use it once a day for 15 minutes while doing the 4/6 breathing technique with my eyes closed. It is used to activate the vagus nerve, to start the body into a rest mode. I recommend regular use.

M -7	Ú - 8

Pranamat eco massage mat

https://pranamat.cz



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It helps not only with back pain but is an excellent remedy for relieving stress, calming migraine, and preventing it. Pain is not a disease but a sign that something is wrong in the body. Poor sleep quality, stress, and unsuitable diet can lead to headaches. Headaches are a major problem that can have a huge impact on our lives. Tension in the neck muscles can lead to narrowing of blood vessels, insufficient oxygen supply to neurons, and cause pain episodes that can last for hours or even days.

Regular massage using Pranamat can:

- significantly reduce pain through the production of strong, pain-suppressing endorphins;
- improve concentration;
- limit inflammation without harmful side effects;
- improve circulation;

- relax muscle tension around the cervical spine.

Pain is difficult to ignore, and when it's in your head… you can use the power of your own body to eliminate the symptoms. Endorphins bind to brain μ-opioid receptors and block the feeling of pain. Thanks to endorphins, you feel happier, reduce stress, and enjoy peaceful sleep. You can create a virtuous circle of health.

FOR EFFECTIVE TREATMENT OF MIGRAINE HEADACHES

Migraine headaches can be absolutely paralyzing. Migraine is usually a moderate to severe headache felt as a throbbing pain on one side of the head. Many of us also have symptoms such as nausea, vomiting, and increased sensitivity to light or sound. Sometimes we get warnings that a migraine is coming, such as flashes of light in the eyes – this is called aura. The exact cause is unknown, but it is thought to result from temporary changes in chemicals, nerves, and blood vessels in the brain. Sufferers report various triggers, such as alcohol, the onset of menstruation, stress, fatigue, or certain foods or drinks. If you suffer from frequent migraines, you may find that conventional treatment loses its effectiveness over time. The more often you use Pranamat, the more effective it is.

- It significantly reduces pain by producing strong endorphins that suppress pain;
- Endorphins bind to brain μ-opioid receptors and create mild euphoria;
- It improves concentration;
- It limits inflammation without harmful side effects;
- It improves blood circulation;
- It relaxes muscle contractions around the cervical spine;
- It improves sleep

This mat is a necessity for anyone suffering from migraines! One of the most important things to relieve pain without pills. I use the mat every day. I lie on my bare back for 15 minutes with the headrest set under my neck, then I use only the headrest set and rest my head on it from the side where I usually have pain, for as long as the pain subsides.

M - 10	Ú - 7

PRESSURE POINTS

There are excellent techniques that reduce pain and relieve stress.

The most effective are:

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Hegu (LI4)

- Between the thumb and index finger
- Headache, stress, tension
- Stronger pressure 30 - 60 s
- Not during pregnancy

Fengchi (GB20)

- At the back of the head, behind the ears
- Migraine, neck tension, head pressure
- Thumb pressure upward 30 - 60 s

Yintang

- Between the eyebrows
- Stress, anxiety, forehead pain
- Gentle pressure/massage 1 - 2 min

Taiyang

- Temples
- Pulsating migraine, pressure in the temples
- Circular massage 30 - 60 s

Shuaigu (GB8)

- Above the ear
- One-sided migraine
- Press on the painful side 30 - 60 s

Baihui (GV20)

- Top of the head (center)
- Pressure in the head, stress, “overload”
- Gentle pressure/massage 1 min

Neiguan (PC6)

- On the inner side of the forearm, about 3 fingers below the wrist, between the tendons
- Anxiety, stress, chest pressure, nausea
- Pressure about 1 minute, ideally on both hands

Shenmen (HT7)

- On the wrist (pinky side, in the hollow below the palm)
- One of the main points for stress, nervousness, and heart palpitations
- Apply pressure for 1 minute, breathe slowly

M - 8	Ú - 8

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SCORPIO – Massage acupressure tool for relaxation

www.liali.shop



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The Scorpion massage tool is designed for acupressure and relaxing massage of selected body areas. Thanks to its ergonomic shape, it allows comfortable handling and working on pressure points at home.

Nourishing argan oil is a simple 3-in-1 product for skin, hair, and body care. It is also suitable as part of a home massage. It spreads easily and leaves the skin pleasantly soft to the touch.

Together they create a practical care ritual: first apply a small amount of oil, then use the tool for a gentle massage to your comfort.

Why choose Scorpion

- Suitable for regular body care after a demanding day
- Allows targeted pressure even on hard-to-reach areas
- Supports a feeling of relaxation during a gentle massage

For me, another indispensable tool against headaches. I use it all the time; I always have it with me. Perfect also for neck pain, which can influence headaches. Also suitable for pressure points. To increase effectiveness, use it with nourishing argan oil or tiger balm.

Here is a link to one of many videos showing how to properly use a scorpion for headaches:

https://www.youtube.com/watch?v=XW8EmXPZvic

https://www.youtube.com/watch?v=T3D7jsYoHpA

https://www.youtube.com/watch?v=CUyxBxSQ9kY

Definitely watch his other videos. I recommend making an appointment with this great gentleman if you live near Vsetín.

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M - 9	Ú - 5

BREATHING TECHNIQUES

https://5pz.cz/rosta/

A whole book could be written about breathing techniques, but I think if you watch 'Dýchánky (+ 70 videos)' by Rostislav Václavek on YouTube, he explains everything in detail. He's really an ace who brought breathing to perfection.

I most often use his 4/6 technique (inhale/exhale ratio). It's used for relaxation, calming, and even helps with headaches.

I've found that whatever the method, you need to set aside all distractions and focus only on the breathing. It will take some practice.

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M - 7	Ú - 10

COLD EXPOSURE



NOTÁŘSKY OVĚŘENO

Brief and to the point: During cold exposure, various processes take place in the body that benefit the organism.

In any case, the observed benefits of cold exposure are **long-term** (adaptive) – so it is unlikely that a single session of cold exposure would produce a significant positive effect.

During cold exposure, several physiological processes occur in the bodythat affect various systems of the organism – both the body and the mind.

1. **Vasoconstriction and temperature regulation**: When the body is exposed to cold, the blood vessels in the skin constrict quickly (a process called vasoconstriction) to reduce heat loss. This concentrates blood circulation in key organs such as the heart, brain, lungs, and liver to ensure their function.**The body also starts to shiver**, which is a natural mechanism of the body generating heat through muscle contraction.
2. **Metabolic adaptation**: Regular exposure to cold increases the activity of brown adipose tissue. This type of fat**burns energy and produces heat**, improving the body's ability to regulate temperature and keep warm in cold environments. Metabolism speeds up because the body must use more energy to warm itself.
3. **Immune system improvement**: Cold exposure can stimulate the immune system by increasing the number and activity of certain immune cells, such as white blood cells, which are essential for fighting infections. This process improves the body's defenses against illness. It is therefore an effective wayto prevent the fluand upper respiratory tract infections.
4. **Strengthening the cardiovascular system**: Regular exposure to cold can improve the elasticity of blood vessels, which leads to better**regulationof blood pressure**. The heart and blood vessels will become more efficient at responding to temperature changes, which can reduce the risk of heart disease.

5. **Psychological effects**: Cold exposure triggers the production of endorphins and adrenaline, which can lead to feelings of euphoria and improved mood. This process also increases stress tolerance and**strengthens mental resilience**.
6. **Reduction of inflammation**: Cold exposure can limit inflammatory processes in the body. This is why ice baths are often used for recovery after physical exertion because they help reduce swelling and muscle pain.

These changes and processes are beneficial, but improper cold exposure can lead to risks such as hypothermia or shock.**Therefore, it is important to start cold exposure gradually.**

Cold exposure is one of my daily joys. It's a wonderful feeling when you get out of the bath after cold exposure.

For beginners – start with lukewarm water and shorter sessions. Gradually lower the water temperature and extend the time. You should ideally reach about two minutes. It is important to breathe deeply and calmly during it.

Cold exposure reduces stress, and the endorphins produced also relieve headaches.

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M - 7	Ú - 9

BIOLOGICAL MIGRAINE TREATMENT

https://www.migrena-help.cz/l/biologicka-lecba-migreny/



NOTÁŘSKY OVĚŘENO
MARTIN ŠKOLA
AUTOR TOHOTO DOKUMENTU.

The latest treatment option for people with migraine is biological treatment, or treatment with**monoclonal antibodies.** It is the first treatment developed **specifically to prevent**migraine. Therefore, we can say that we are in **a revolutionary era in migraine treatment.**

This is the latest preventive treatment specially developed and licensed for migraine. Most current preventive drugs used to treat migraine were developed to prevent other diseases. The advantage of this treatment is the targeted effect focused on a specific receptor in the brain, which ensures **less occurrence of side effects** and **greater effectiveness** compared to standard treatment.
No preventive treatment, including monoclonal antibodies, can fully cure migraine. Monoclonal antibodies can only affect the frequency of attacks and also their course. Results from clinical studies have shown that in many patients, the number of migraine days decreases **by at least half,** and the attacks that remain have a milder course.

Biological migraine treatment centers can be found in every major city such as Prague, Hradec Králové, Olomouc, Ostrava, etc.

I am fortunate to live in Ostrava and I go to the center myself once every 3 months for a check-up and AIMOVIG injections. Ajovy, Emgality, and Vyepti are also available.

Usually, these criteria need to be met:

- at least 4 days with migraine per month
- at least 2 different preventive treatments tried unsuccessfully or not tolerated (for example topiramate, beta-blockers, or amitriptyline)
- the treatment is approved by a specialized center

My experience after several years is that the frequency of migraines has not decreased, but the migraines are weaker, which is a great help.

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M - 8	Ú - 2

AFFIRMATIONS



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ĎALŠÍ ŠÍRENÍ ZAKÁZÁNO

Take a moment once a day and say affirmations out loud. Affirmations strengthen your goal, you send positive signals into the ether, you reprogram your brain for positive thinking. They have also become part of my daily routine; it is important that affirmations are not just wishes. You need to feel and experience each one as if it were reality.

My favorites for anxiety and migraine - I am confident and my body is calm

- I am the master of my thoughts and my body

- I am healthy and my head is fine

- I deserve to be happy

M - 6	Ú - 7

BOXING BAG



You wouldn't believe how great 5 minutes of boxing is for relaxation, relieving stress, anxiety, and cortisol.

Box fully and say out loud what you want to achieve, or that you will leave the trembling on the bag. It strengthens determination.

M - 4	Ú - 8

SLEEP



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The relationship between headache and sleep

Do not underestimate sleep; sleep is a fundamental human need, and almost half of the human population suffers from its disorders. Headache is one of the most common health problems. According to WHO, 50 - 75% of adults suffer from it. Both of these phenomena present a global health burden. The relationship between headache and sleep disorders is multifaceted and complex; the comorbidity of these two syndromes leads to chronification of both conditions, increases the burden, and causes worsening of both disorders, decreased quality of life, increased frequency of complications, and reduced treatment effectiveness.

The basis of quality rest is adhering to sleep hygiene principles. The most effective remedy for insomnia and fatigue is a fixed daily routine, an optimal environment, and reducing disruptive factors before falling asleep.

Here is an overview of 10 basic rules for healthy sleep:

1. **Wake up and go to bed regularly:** Wake up and go to bed every day (including weekends) at the same time. This helps set your biological clock.
2. **Watch out for afternoon naps:** Avoid long daytime sleep. If you need to recharge, limit rest to a maximum of 30 – 45 minutes.
3. **Limit caffeine:** In the afternoon and evening (4 – 6 hours before sleep) do not drink coffee, black or green tea, cola, or energy drinks.
4. **Be careful with alcohol and heavy meals:** Although alcohol helps you fall asleep, sleep quality is poor and interrupted. Also avoid heavy meals 2 – 3 hours before going to bed.
5. **Exercise regularly:** Exercise during the day helps reduce stress, but avoid intense physical activity just before sleep.
6. **Correct environment:** The bedroom should be well ventilated, maintain temperature between 18 – 20 °C. The room should be as dark and quiet as possible.
7. **The bed is only for sleeping:** Use the bed and bedroom exclusively for sleeping and lovemaking. Do not work or watch TV there.
8. **Disconnect:** Avoid blue light from the phone and computer at least one hour before sleeping.
9. **Evening rituals:** Create a calming habit before sleeping, such as a warm bath, listening to music, or reading a book.
10. **Don't force yourself to sleep:** If you can't fall asleep within 20 minutes, get up, engage in a calm activity, and return to bed only when you feel sleepy.

ÚŘEDNĚ OVĚŘENÁ KOPIE
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PURESSENTIEL Roll-on for headache



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PURESSENTIELRoll-on for headacheis a natural medical product with relaxing scents of 9 essential oils. It is intended for a relievingmassage of trigger points, which reduces headache caused by tension. Trigger points are sensitive microscopic areas in the muscles. By acupressure massage of 8 trigger points (in the areas of the temples, eyebrows, neck, and trapezius muscles) using Migra Pure® Roll-on from PURESSENTIEL you can relax and stretch targeted muscle groups toreduce tension headache pain.

M - 6	Ú - 2

Saloos Migremint roll-on



Refreshing mint, eucalyptus, and other essential oils can relieve unpleasant sensations related to headache. It can also positively influence mood, dispel exhaustion, and renew energy.

M - 6	Ú - 2

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4HEAD STICK menthol migraine stick



NOTÁŘSKY OVĚŘENO

- immediately **relieves headache pain** associated with migraine

- contains the active ingredient (levomenthol)

- dilates blood vessels

- helps block painful signals to the brain

- **relates muscles** of the head and neck

- convenient and portable solution for work, home, and travel

ZÁKAZ ŠÍŘENÍ

M - 6	Ú - 2

COOLING CAPS AND GELS



NOTÁRSKY OVĚŘENO

The therapeutic gel cooling cap is designed for headache and migraine relief, promoting relaxation and rest. It is also useful during summer heat and tropical nights.

The unique gel cap feels pleasant to the touch, **perfectly adapts to the shape of your head, and provides long-lasting, comfortable cooling.** A special gel works therapeutically on affected areas, helps rapid regeneration, and effectively relieves pain.

ŠÍŘENÍ ZAKÁZÁ

Once you find the right gel pack, buy at least three so you can rotate them effectively in the freezer. In every major pharmacy, cooling gels can be purchased, which are also very useful.

M - 8	Ú - 2

ACUPUNCTURE AND ACUPRESSURE



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DALŠÍ ŠÍŘENÍ ZAKÁZÁNO

ACUPUNCTURE

Acupuncture is a treatment method in which thin needles are inserted into acupuncture points on the surface of the skin.

Acupuncture points are considered locations that stimulate nerves, muscles, and other tissues. This stimulation increases blood flow and activates the body's own defense processes.

ACUPRESSURE

Acupressure is an alternative medicine technique that can help some people relieve migraine symptoms.

Acupressure is based on similar principles to acupuncture. It involves stimulating various pressure points on different parts of the body. The overall goal of acupressure is to relieve pain and support healing.

I have tried acupuncture and it did not bring me much relief, but every person is different and it may help you.

M - 6	Ú - 3

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BICOM



The Bicom bioresonance method **Bicom** is a non-invasive procedure that uses electromagnetic waves. According to proponents of holistic medicine, it can help reveal hidden causes of headaches. These causes may include:

- **burden on the body:** for example toxins, heavy metals, or geopathogenic zones
- **food intolerances:** hidden allergies to certain foods
- **mental stress:** long-term tension and fatigue

The principle of the method is that the device (e.g. Bicom Optima) detects your own electromagnetic waves. The therapist then adjusts these "disturbed" waves and sends them back into the body. The goal is to support the body's ability to heal itself and remove burdens.

I attended bioresonance therapy for some time; the results with my headache were not bad, and I also successfully got rid of Lyme disease with this device. Unfortunately, this treatment was financially too expensive, so I had to stop.

M - 7	Ú - 5

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AROMA DIFFUSER



Aroma diffuser with ultrasonic technology. With it, you can alternate essential oils according to mood or health condition. Just a few drops of natural essential oil make staying at home much more pleasant.



The aroma of the refill “migraine care, peppermint, lavender” is another great easy option to help with migraines. It relieves headaches, helps calm the nerves, and reduces tension and stress**.**

M - 6	Ú - 5

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YOGA



Yoga is a true gift for the body. And this regardless of age or fitness.

- **Improves flexibility** - gradually and safely stretches muscles and tendons
- **Strengthens the body** - especially the deep stabilization system
- **Corrects posture** - ideal prevention of back, head, neck, and shoulder pain
- **Improves balance and coordination**
- **Supports regeneration and blood circulation**
- **Aids better breathing** - breathing exercises are part of yoga
- **Calms the mind** - teaches you to work with your breath and presence
- **Reduces stress and anxiety** - activates the parasympathetic nervous system = rest state
- **Improves sleep** - evening yoga is ideal before bedtime
- **Boosts self-confidence** - because you become aware of your body and progress
- **Enhances concentration and patience** - not only on the mat

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M - 6	Ú - 8

OCTOPUS HEAD MASSAGER



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The Ortorex Octopus massage device allows head relaxation without using hands. It is equipped with 10 vibrating heads and provides multi-point acupuncture therapy.

Gentle TMS vibrations applied to the scalp increase blood circulation. This enhances the supply of oxygen and nutrients to the brain, which relieves migraines and headaches.

Using our device before sleep has a positive effect on sleep quality. It reduces stress and anxiety and helps you fall asleep faster.

M - 7	Ú - 7

MAGNETIC ACUPRESSURE INSOLES



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Magnetic technology - a gentle and constant massage effect that provides a sense of pain relief.

M - 5	Ú - 3

HERBAL DROPS IN CAPSULES MIGRAINE



NOTÁŘSKY OVĚŘENO

Support for normal relaxation and mental balance

This product contains a carefully selected blend of herbs and cannabinoid ingredients. The combination of herbal extracts is traditionally used to support relaxation and overall mental well-being. The product is intended as part of a varied and balanced diet and a healthy lifestyle.

- **Valerian root** contributes to the normal function of the nervous system and supports healthy sleep.
- **Lemon balm**contributes to mental well-being and supports relaxation.
- **Lavender**contributes to optimal relaxation and normal mood.
- **St. John's wort**contributes to the normal function of the circulatory system.
- **Oregano (oregano)**supports the normal function of the gallbladder and liver.

M - 6	Ú - 6

RIBOFLAVIN 400mg



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Riboflavin (vitamin B2) acts as excellent prevention. It functions in brain cells as fuel. It is taken every day. It reduces the number and intensity of migraine attacks. Habit may help you because it only works after several months.

- **Dose:** Doctors recommend taking a high dose of 400mg daily. A regular B-complex is not enough. Look for separate tablets labeled Riboflavin 400 mg.
- **Patience:** Expect first results in 2 to 3 months.
- **Side effects:** Riboflavin is water-soluble. The body excretes the excess in urine. The urine can then be bright yellow. This is normal.
- **Tip:** For better effect, you can take it with magnesium and coenzyme Q10.

M - 7	Ú - 1

GINGER and LEMON

Ginger helps with migraines because it suppresses inflammation and raises serotonin levels in the brain. It also prevents nausea. Use 1000mg of ginger powder or fresh grated ginger. Mix it in water or combine it with mint tea and lemon. Drink it at the first symptoms.

Ginger works as a natural "painkiller". It acts similarly to some prescription medications.

ROSEMARY

Rosemary helps with headaches and migraines. It improves blood circulation and relaxes muscles.

COCA-COLA

Coca-Cola in small doses can help with mild migraines due to its caffeine content, which constricts the blood vessels in the brain, and sugar, which provides energy. Many people recommend drinking it with lemon.

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Quality MAGNESIUM

Magnesium is one of the key minerals in preventing and treating migraines. It helps block painful signals in the brain, relaxes the tension of blood vessels and muscles, and prevents the occurrence of so-called spreading cortical depression.

Magnesium bisglycinate (chelate bond): It is excellently absorbed, gentle on the stomach, and helps calm the nervous system (ideal to take in the evening).

Magnesium taurate: It is often recommended directly for people suffering from migraines because it positively affects brain function and maintains stable blood sugar levels.

Magnesium citrate: An affordable and well-absorbed option.

If you too have tried methods and procedures to relieve migraine and anxiety, send them to me and I will gladly update the guide.

CONCLUSION

You can see here that there are many ways to manage migraine without a painkiller. I understand that many things that helped me may not help you, but I believe this guide has opened new horizons for you on how much quality of life can be improved.

If something here helped you, please send a voluntary financial contribution to the account – **2054196263/0800** or IBAN – **CZ93 0800 0000 0020 5419 6263**

It will be a happy reward for me to have been able to help some of you. It will continue to motivate me to help people.

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