

# Headache and Migraine

## What Is a Headache, and What Causes It?

A headache is pain experienced anywhere in the head or neck. A headache may be a symptom of a number of different head and neck conditions. While brain tissue itself is not susceptible to pain as it lacks pain receptors, pain in the head or neck may be caused by disturbance in pain-sensitive structures around the brain.

Pain-sensitive structures are located in nine areas of the head and neck, including the cranium, nerves, muscles, subcutaneous tissue, arteries and veins, eyes, sinuses, ears, and mucous membranes.

Headaches can be classified in a number of different ways, though the most popular classification system is that used by the International Headache Society. A headache is a non-specific symptom that may have a number of different causes. Treatment will depend on the underlying cause and will often require analgesics.

## What Is a Migraine, and What Causes It?

A migraine is different from a headache in that it is a chronic neurological disorder. It is marked by recurrent moderate to severe headaches that may be associated with different autonomic nervous system symptoms.

A migraine sufferer will experience pulsing, throbbing pain, normally on one side of the head. Symptoms like vomiting, nausea, and extreme light and sound sensitivity may also occur, lasting from four hours to three days. Migraine headaches are easily misdiagnosed as sinus or tension headaches but may interfere with sleep, work, and everyday activity at their most severe. Migraines can occur rarely, such as biannually or annually, or up to several times a week. Other causes of migraines may include hormonal fluctuations, infection, unnatural diet, missing nutrients, and low levels of probiotics.



**“FYI, one 80,000IU Serrapeptase capsule per day has kept my husband’s severe sinus headaches away for five weeks. He only had one headache, and he used to have multiple headaches each week. My daughter also had multiple migraines a week and now has only had one in five weeks using one 80K per day. Great product!”**

**- S.H., United States**



*Follow the Health Plan as recommended for the best results:*

## HEADACHE AND MIGRAINE HEALTH PLAN

The following health plan is designed to provide relief for migraines and headaches. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve migraines and headaches, so as to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From my eBook, Robert Redfern  
Supplements to support a healthy brain and mind - in order of priority:*

- **SerraEnzyme 250.000IU** - Take Serrapeptase Enzymes as recommended to relieve pain and inflammation. Take 1 capsules x 4 times daily.
- **HealthPoint™** - Use daily for best results. Treatment with HealthPoint™, an electro-acupressure device, has proved to be as highly effective as acupuncture in treating migraine/headache problems. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of related problems (**See [www.dovehealth.com](http://www.dovehealth.com) for more information.**)
- **Seek Professional Help** - Obviously help by a health professional such as a chiropractor, osteopath or physiotherapist should be sought immediately, to make any neck adjustments (1-3 treatments should be effective).