



Let it Heal

TIP SHEET

MIGRAINES

1. Sleep! A regular sleep schedule gives the body the down-time it requires to avoid exhaustion.
2. Exercise. Walking 30-minutes each day will not only assist your lymphatic system, it increases your cardiovascular capacity, which can regulate the blood flow that is often linked to migraines.
3. Detoxify. Remove toxins from your lymphatic system and improve organ function using an ionspa detoxification footbath. Many users have walked in with a migraine, and left with a clear head after only one 30-minute session.
4. De-caffeinate! Coffee and other caffeinated beverages can be a major trigger for migraine attacks. Cut caffeine out completely if you are serious about losing the headaches.... but do it gradually so you don't experience withdrawel.
5. Just say no. Smoking has many negative impacts on your health, but with regards to migraines it is the nicotine that can be the trigger. CVR (Creative Visualization and Relaxation) is a type of hypnotherapy that can help you quit smoking. More information on CVR is available at www.letitheal.com
6. Control your hormones. Birth control pills may be a major contributor to your migraines. They are known to upset your delicate hormonal balance. Other forms of birth control would be a better option for migraine sufferers.
7. Be Scentsible. Perfumes and colognes may also bring on migraines, as well as other aromas. Try to purchase unscented health & beauty products, and encourage people around you to do the same.
8. Diet. Chocolate, alcohol and dairy should be reduced or avoided completely. Keep a daily diary of what you eat, and relate it to how you feel each day.
9. Regularity. Regular bowel movements, regular sleeping patterns, regular eating habits and a regular exercise regime are all things that allow your body to function optimally. Establishing a regular routine can actually enable you to become migraine-free.
10. Let it Heal. The advanced Bowen practitioners at Let it Heal have mastered the techniques to decrease or completely eliminate migraines. Many chronic migraine sufferers have even reported success after only one treatment, although it usually takes between 3-6 treatments.

Advanced Bowen Therapy



www.letitheal.com
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Detox Ion Spa Footbath

