

3 Quick ways to

STOP A MIGRAINE ATTACK



THE MIGRAINE NATUROPATH
JOSIECARIN.COM



“Migraine.
It's real. It's disabling.
It's so much more than
just a headache.
We live with it all the
time.

But there is a great deal
we can do to manage
migraine.
There is hope.

- JOSIE CARIN

STOPPING MIGRAINE ATTACKS EARLY IS KEY

Migraine flare-ups are horrid! And it is understandable why sometimes we might reach for painkillers or medication as soon as we get those first "uh-oh - a migraine attack is coming" feeling. But painkillers can have side effects, so it can be worthwhile to have some other strategies to try first.

These tips work best if you try them in the very earliest stages of an attack. It also helps if you are already undertaking general migraine prevention strategies including:

- eating a clean diet, with very little processed foods
- stress management
- migraine-friendly movement
- physical therapies
- hydrating properly everyday
- getting regular sleep

Working on the root causes of migraine is also important. This might mean working with a practitioner to look at possible migraine drivers such as :

- digestion issues and gut health
- liver health
- hormone balance
- food intolerances
- blood sugar balance
- neurotransmitter activity
- stress levels

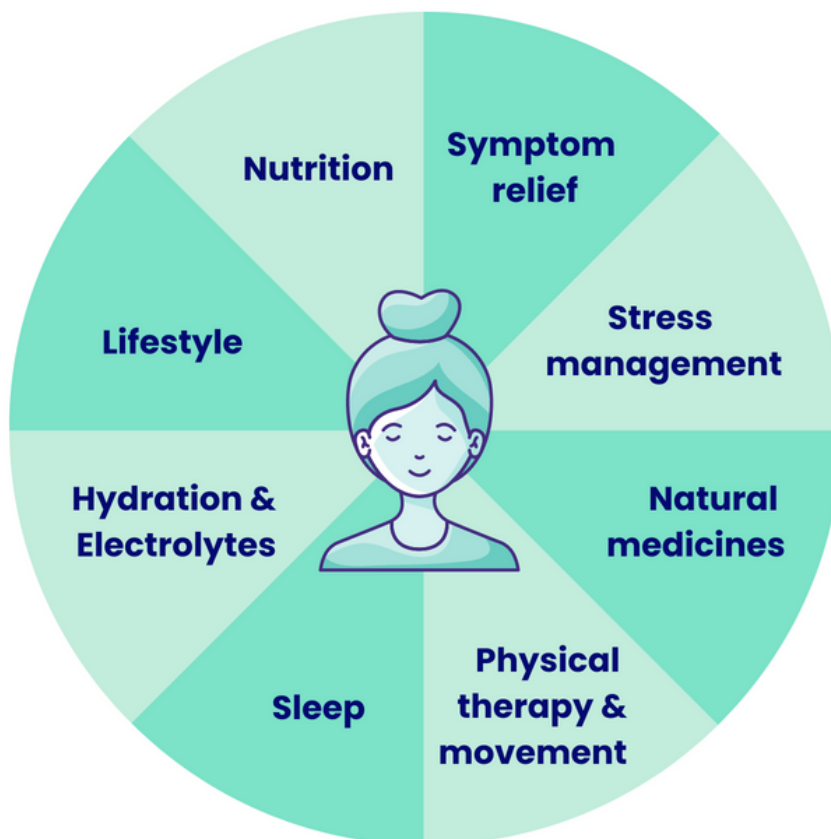
MANAGING MIGRAINE HOLISTICALLY

At this point, it is important to remember that managing symptoms and triggers with medication is not going to prevent all migraine attacks. This is why a holistic view is important.

A holistic migraine treatment approach means that we manage migraine using a multi-faceted approach for long term results.

The Circle of Migraine Self-Care is a tool that I work through clients to make sure that we have all bases covered when it comes to reducing the frequency and severity of migraine flare-ups.

CIRCLE OF MIGRAINE SELF-CARE



JOSIE CARIN
THE MIGRAINE NATUROPATH
WWW.JOSIECARIN.COM ©

QUICK WAY TO STOP 1 A PINCH OF SALT AND WATER

Being dehydrated can often cause a migraine attack or flare-up.

In fact, thanks to research, we know that for 17% to 33% of people with migraine, dehydration can be a migraine trigger. **Even mild dehydration can set off a migraine flare-up.**

Managing hydration well can make a difference in reducing the frequency and severity of migraine.

But we need to remember that **dehydration is not just about not enough water** – it also means a loss in electrolytes – those essential minerals and substances that work to keep our cells hydrated at just the right amount.

A bit of salt, followed by a big drink of water, helps many of my clients when they feel a bit "migrainey".

Take a pinch or up to 1/8th teaspoon of Himalayan salt straight off the spoon followed by a big glass of water – first thing in the morning, last thing at night, and anytime you feel a migraine coming on.

QUICK WAY TO STOP 2 TAKE SOME GINGER

So, why might ginger work to stop a migraine?

More research needs to be done, but there is some clinical and other evidence to show that it can help in milder migraine attacks. The spice is a **strong anti-inflammatory, and also an anti-histamine**. Both inflammation and histamine are implicated in some migraine forms - so it makes sense that ginger, if taken early enough, can calm down a mild migraine attack.

And of course, **ginger is also well known for nausea** - another common feature of migraine. The best thing is that ginger is inexpensive and safe. Keep ground ginger on hand and give it a try next time you feel a migraine attack coming on. You can also try using fresh grated ginger in a carrot and apple juice, or as ginger tea.

**Stir a quarter to half a
teaspoon of powdered ginger
in hot water, and sip it slowly.**

**You can also add ginger to a
salty cup of bone broth.**

QUICK WAY TO STOP 3 TRY THIS VAGAL NERVE EXERCISE

This final tip comes from the book *Accessing the Healing Power of the Vagus Nerve*, by Stanley Rosenberg. The exercise tones the vagus nerves to interrupt pain signals and relieve migraine pain.

Start by lying down comfortably face-up. Interlace your hands behind your head. Resting your head on your hands, let your head gently rotate all the way to one side, back to center, then rotate to the other side. This is just to see how it feels before the exercise and be aware of any neck stiffness on one side.

Now take a minute to really let your head settle in the middle, just resting on your hands, eyes open. With your head staying in the centre, let your eyes travel all the way to one side, and hang out there for 30 to 60 seconds. Let your eyes return to the center, rest. Repeat on the other side. That's it.

How do you know it's time to return your eyes to centre? "You'll feel a sigh, a yawn, or a swallow," says Rosenberg.

Afterwards, rest for a little while and take some deep breaths, in through the nose, out through the mouth.

Maybe stretch.

Rotate your head gently to each side again to notice if you feel any difference.

READY TO TAKE CONTROL OF MIGRAINE?

The advice in this guide really just scratches the surface.

Managing migraine – even using natural approaches – can be complex and different for each sufferer.

But, when you get it right and hit on your own personal formula to reduce migraine attacks and live a more pain-free, happier and full life – well – **the result is life-changing.**

The advice I provide to my private clients are the result of twenty years of formal study and clinical practice; along with my own personal experience of migraine.

You might think that naturopathy takes too much time or is expensive, but this is a good thing! By investing in your own health, on a mental and emotional level you are committing to finally making the changes required to feel amazing again. **This means breaking out of the migraine cycle so you can be there for family, work, friends and – very importantly – yourself.**

Through Zoom consultations, I can help you:

- investigate what the root cause of your migraine attacks might be
- provide a step-by-step written holistic treatment plan which is realistic and easy to follow
- make sure that we are minimising migraine flare-ups

If you are unsure if naturopathy is for you, book in for a free discovery call with me to chat through your situation.

BOOK ONLINE AT
[JOSIECARIN.COM](https://www.josiecarin.com)

DON'T JUST TAKE MY WORD FOR IT, HERE IS WHAT MY CLIENTS HAVE TO SAY

"I wish I'd seen Josie twenty years ago. After decades of migraine, I finally have a plan to deal with it naturally and I feel positive about the future"

— Sheryl, Brisbane

"It's been just one appointment and I've learned so much already! I feel that I finally understand my migraine and Josie was very kind, understanding and easy to talk to."

— Rachel, Sydney

"I am feeling more in control of my migraines than I ever have before. THANKYOU! My appointments with you have allowed me space and time to really examine my migraine patterns and why they occur and look at options with which to manage them. I'm so grateful for your expertise in this area."

— KB, South Coast

"Just touching base to let you know that despite the last few weeks being a little hectic with work and family and birthdays, I've seen some great improvements with my migraine attacks! I actually haven't had a full blown attack since we chatted I don't think!"

— Erin, Emerald Beach

"Before my first appointment I was getting a migraine every week. But now I haven't had a migraine in the last 3 months"

— Susan (Sydney)

"I've been feeling much better in terms of my migraines - wow thank you!"

— Tatum (Sydney)



About Josie

I am an accredited, qualified naturopath with a special interest in migraine and headaches, women's health, anxiety, stress and low energy. I offer consultations by Zoom to clients from all around Australia.

Through my naturopathy practice and personal experience, I help people just like you take control of their health. I've been studying and working in natural health and therapies for almost 20 years.

Naturally, I have a pretty strong desire to use my experience and knowledge to empower others to be the most energetic, happy and vibrant version of themselves.

I am passionate about natural medicine as I truly believe the principles of holistic health is what keeps me happy and healthy – even while working as a busy practitioner and being a mum to a very active little boy. It is important to me to be able to provide alternatives to people who live with migraine, beyond medication.

Always interested in nutrition and natural medicine, I was able to really fine tune my knowledge in this area by completing the most rigorous naturopathic certification available at the time – the Advanced Diploma in Naturopathy, followed by a Bachelor of Health Science (Complementary Medicine). I have also completed Migraine Management for Practitioners through the University of Melbourne.

I am a professional full member of the Naturopaths and Herbalists Association of Australia, and an accredited practitioner member and fellow with the Australian Traditional Medicine Society.

As someone who lives with migraine, I get the struggle and my aim is to help women break free from the migraine cycle. Let me help you to overcome migraine too.

Book your appointment at [josiecarin.com](https://www.josiecarin.com)



Josie Carin MNHAA
Accredited Naturopathic Practitioner
Certified Metabolic Balance® Coach
Bachelor of Health Science (Comp Med)
Advanced Diploma of Naturopathy
Migraine Management for Practitioners

email: clinic@josiecarin.com
www.josiecarin.com

Copyright 2023 - Josie Carin , Naturopath



JOSIE CARIN
NATUROPATH

The Important Stuff

DISCLAIMER

The content of this document and the www.josiecarin.com website and the Migraine Naturopath website and social media sites are for general information purposes only and not intended for diagnostic purposes or to replace advice from your primary health care professional. Readers should not begin any new program, or take any new supplements without first consulting with your primary health care professional.

The author assumes no responsibility nor can they be held liable for any misunderstanding or misuse of the information contained in this program and website or for any loss, damage, injury caused or alleged to be caused directly or indirectly by any action, or application of any information, food or food source discussed in this program.

Reading this material does not constitute a practitioner-client relationship and the information is not intended to substitute medical advice and must not be relied upon in this manner. The author does not accept responsibility for the failure to seek medical advice from your primary health care professional or doctor.

It is best not to start any new dietary eating plan or take any new supplements while pregnant. Wait until after your pregnancy and when finished breastfeeding before commencing anything new and get the advice of your primary health care professional first.