



## **It's Midnight and my Migraine Headache just won't go away!**

Sound Familiar? Your Pain medications just are not working; and you know the wait at the local urgent care will be at least a million hours in the glaring light with crying children. What are the options?

You have more than you realize if you plan ahead and make up a care kit for yourself.

A hot-cold pack that can go in the freezer

A heat wrap

A heating pad, preferably an oversize one

The laundry size pouch of baking soda

A bag of Sea salt (you will find this at PC market of Choice in the bulk food section

White flower (Any Asian market or health food store)

Tiger Balm

Sombra

Bio freeze

Head-on

Light blocking eye mask

Peppermint and lavender essential oils

Soft comforting blankets

Music or white noise that helps you drift into sleep

A small CD player put aside for the music so you don't have to hunt for it.

A small tote to store everything in to keep it all together.

First of all, as horrible as most headaches are, unless they are the absolute worst one you have ever had in your life, they are not a medical emergency. However, if you have pain that is unusual, are losing your balance, sight, pain is radiating down your jaws, or cannot recite the names of animals alphabetically. (Example: aardvark, bat, cat, dog, elephant, frog, groundhog, ibis, etcetera.) Or you are losing control of your limbs...

You are experiencing serious symptoms, either call 911 or go to the emergency room as soon as possible. Do not hesitate. Your life is too important to second guess, let the professionals sort it out.

Now, let's try to redirect some of the pain signals. First use "Head-On" on your forehead and the base of your neck where your head connects to it. Rub it in to the hair line and be generous. Use Sombra, Bio-freeze or Tiger Balm on the shoulders and neck where it connects to the back. Apply a cold pack from the freezer covered in a towel to this area. Apply heat to the lower back with your heating pad on low. Lie as flat as you can. Listen to soothing music. Relax. Try to soften all the muscles of your head, neck, shoulders and back. Focus on your pain, becoming aware of where it is in your head and where it sits in your muscles and bones.

Create a box for the pain. Now imagine your Pain slowly flowing into a box. Imagine you are wrapping the box in paper and sending it out of your body via "Pain Free Cells Express". It may take a few times to send it out and you will have to work on visualizing the pain very carefully, but this method has been proven to be helpful to many people. Be aware what the pain signal is telling you: of over used muscles, tension, stress, many, many messages. Accept the messages and let the pain go. The brain is conditioned to send us pain messages when we are overusing our bodies. Then it gets stuck in a rut and the Neuro pathways are always the familiar way to travel for the same old message.

When you can bear to stand up, prepare a soaking bath of 1 cup of baking soda, 1 cup of sea salt and 1-2 drops peppermint essential oil and 1-2 drops lavender essential oil. Be very careful not to overuse the essential oils they can irritate your skin. The water should be on the warm side but not hot. Soak for 20-30 minutes down in the water getting your head wet. This is like a day at the mineral Spa and helps muscles relax and refresh. Be sure to drink sips of water or chamomile or peppermint tea to keep hydrated.

When you are done, curl up for a long sleep in warm fluffy blankets with your heating pad. Renew Head-on, Sombra as needed, ice to the neck as needed and try to sleep in a quiet dark room with no distractions. Have your spouse keep the kids out of the room! As much as you love your pets; if they are not quiet - put them out of the room. Put on the light blocking mask and go to sleep. Sleep and rest are usually the best medicine for a migraine. Another trick you might try is the homeopathic medications out on the market for migraines. "Head-On" is a topical example of these preparations.

Not everything will work for everyone, but it is important to experiment to find out what will work for you. Being prepared, having a plan, having supplies, knowing what is effective for your pain will give you a wonderful feeling of control. Part of the miserable feeling of a migraine is the total feeling of helplessness as it comes over you and grips you in a vice. Explore biofeedback and take control! You may never be migraine free, but at least you will be able to understand the process better and have personal power over your pain!



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