

**NeuroHealth Solutions**  
**Migraine Headache Prevention and Recovery**



**Are you suffering from a Migraine?**  
**Have you searched for relief from the pain?**  
**Call 480-696-5796**

*NeuroHealth Solutions provides a non-invasive, non-pharmacological alternative resource for Migraine Assessment, Migraine Prevention and Migraine Recovery. It is our mission to utilize the most advanced, state-of-the-art technology and research to reduce the incidence and severity of Migraine and improve your quality of life.*



## **What is A MIGRAINE?**

Migraine is a neurological condition characterized by headaches that can be severe. It is very common, affecting about 18% of women and 8% of men. Most patients have throbbing headaches accompanied by nausea, vomiting, and sensitivity to light or sound. Irritation and swelling of blood vessels in the brain cause migraine headaches. This pain can last a few hours to a few days.

## **Symptoms of Poor Blood Flow to the Brain**

Common symptoms of inadequate blood flow to the brain include brain fog, mental fatigue, dizziness, lightheadedness, memory loss, and frequent headaches.

**There is quantitative evidence that NeuroHealth Solutions Migraine Protocols improve blood flow in the brain and improve oxygenation at the cellular level.**

**Your brain comprises only 2% of your total body weight yet receives 15 to 20% of your total blood supply.**

**There's a lot going on up there, so your brain requires a disproportionate amount of energy and nutrients.**

**Insufficient blood circulation to the brain can lead to many health issues, from mild to serious. But there are many ways to increase blood flow.**

## **Why Sufficient Blood Flow to the Brain Is Critical**

**A steady flow of blood delivers life-giving oxygen plus glucose, vitamins, amino acids, minerals, and other nutrients that your brain needs to survive and thrive.**

**Cerebral blood circulation also carries away things your brain doesn't need, such as carbon dioxide, toxins, and metabolic waste products.**

**The brain's blood supply keeps it hydrated which is critical since your brain is over 70% water.**

**Blood brings your brain the hormones and neurotransmitters it needs to function and keeps your brain at a constant temperature and pH (a measure of how acidic or alkaline it is).**

**To do all this, one liter of blood flows through the 400 miles of blood vessels in your brain every minute! But when circulation is restricted, brain cells suffer and can even die.**

## **NHS Migraine Prevention and Recovery Services:**

**Clinician Examination and Evaluation**

**Clinical Psychology and Counseling**

**Neuro Fitness Assessment™ (NFA)**

**Migraine - Qualitative Analysis and Assessment**

**Functional Stroke Stress Test - Acute Stress Response™ (ASR) Assessment**

**EEG and QEEG**

**LORETA Analysis**

**Neurofeedback**

**Neuro Augmented Therapies**

**Hyperbaric Oxygen Therapy**

**Advanced Simulation Therapy™ (AST) NeuroOptimization Training**

NHS Migraine Prevention and Recovery Sessions typically last 90 minutes. Schedule sessions up to 3 times per week for the recommended number of sessions or based on the purchased package. A baseline QEEG Brain Map is suggested before starting your therapy to evaluate concerns and observe benefit over time. A follow-up QEEG will be performed every 20 sessions to track your progress. Although, your treatment plan may vary, a typical session will include: Neuro Optimized Whole Body Vibration Therapy; Parasympathetic Therapy; Neuro Augmented Therapies; Advanced Simulation Therapy™ (AST) Neuro-Optimization Training.

## Migraine Prevention and Mitigation - Price Single Session and Packages:

First Visit Clinician Evaluation	\$Ask	
Baseline QEEG Brain Map	\$ Ask	
Migraine Protocol Therapy Single Session	\$ Ask	
Migraine Protocol Therapy 10 Sessions, 5% Discount	\$ Ask	add mHBOT \$ Ask
Migraine Protocol Therapy 20 Sessions, 10% Discount, includes Follow-up Comparative QEEG Brain Map	\$ Ask	add mHBOT \$ Ask
Migraine Protocol Therapy 30 Sessions, 15% Discount, includes Follow-up Comparative QEEG Brain Map	\$ Ask	add mHBOT \$ Ask
Migraine Protocol Therapy 40 Sessions, 20% Discount, includes Follow-up Comparative QEEG Brain Map	\$ Ask	add mHBOT \$ Ask
Follow-up comparative QEEG Brain Map	\$ Ask	

Financing is available (from 3rd parties upon approved credit)

## What Causes a Migraine?

The exact cause of migraine is unknown, but it may result from a chemical imbalance of the brain. There is a genetic predisposition to migraine, as it often runs in families. Various things can trigger a migraine attack. These triggers vary from person to person and act as a "turn on" switch. The more triggers that happen at one time, the more likely

it is that a migraine will occur. Learning to identify and avoid your triggers is the first step to preventing a migraine headache.

## COMMON TRIGGER

### GENERAL

Family History  
Aging

Job Stress  
Crisis Situations

### DIET

Alcohol  
Aged Cheeses  
Monosodium Glutamate (MSG)  
Artificial Sweeteners  
Caffeine  
Nuts  
Nitrates  
Citrus Fruits

### HORMONAL CHANGES

Menses  
Ovulation  
Hormone Replacement Therapy  
Birth Control Pills

### STRESS

Post Vacation  
Busy Schedules  
Trouble Getting Along With Others

### ENVIRONMENTAL CHANGES

Weather  
Seasons  
Travel  
Bright Lights  
Hot/Cold Temperatures  
Strong Smells  
Abnormal Sleep

## HEADACHE DIARY

Write down your headache symptoms. And keep track of medicine used to treat your headaches. This can help you and your doctor spot triggers and better understand when headaches are most likely to happen for you.



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