

Do You Suffer With Menstrual Migraines?



By: Frank Nuber

Migraines are serious headaches, most often occurring only on one side of the head, and often preceded by a vague sense (AURA) that the sufferer learns to recognize as an impending headache. Migraines afflict approximately 21 million women in the United States—three times more than men. So it makes sense that women's migraines may be related to changing hormonal levels, which normally occur right before a period starts. This hormone-related migraine is often referred to as a Menstrual Migraine. These migraines have been reported to be more severe than regular migraines, may persist longer and occur more frequently.

Migraines vary in severity. Sometimes they become almost unendurable without medication and can be accompanied by nausea and vomiting. Routine conventional medical treatment involves prescription medications that have serious side effects such as muscle pains, numbness and tingling in the fingers and toes, rapid or slowed heart rate, nausea and vomiting. These medications are not to be taken lightly. Migraine victims live in fear of their next headache. And, at times, the treatment can be worse than the headache. Medical science hasn't

been very helpful, centering treatment on the symptoms rather than the root cause.

It makes sense to me that if it's a menstrual headache, we might want to look at the hormonal cyclic rhythm for the cause and treatment to truly fix the problem

instead of covering it up. When migraine headaches occur with regularity in women only at premenstrual times, they are most likely due to estrogen dominance. These are the Fortunate Patients. I have many letters in my files from women whose premenstrual migraines have been dramatically improved or cured by balancing their hormones with progesterone cream. This is because estrogen causes dilation of blood vessels, which contributes to the cause(s) of migraines. One of the many virtues of natural progesterone is that it helps restore normal vascular tone, counteracting the blood vessel dilation that causes the headache.

Molly is 30 years old and has suffered from headaches for 15 years, ever since she began menstruating. Molly reported having a headache virtually every day of her life. Associated with her daily headaches were the twice monthly menstrual migraine headaches. Molly tried numerous prescription medications without relief. She claimed, "I don't really know what it is like to go through a whole day without a headache." She also complained of catching every cold that came around. She was constantly sick.

After doing a saliva hormone test, we found Molly to be estrogen dominant. She began topical progesterone therapy with the approval of her doctor. Within the first month her headaches decreased by 50 percent, and she

began to live life headache-free. After six months, she had an occasional

headache but appeared to be migraine-free. Molly still remembers how she felt when she had a migraine: her head felt like it was going to explode, she couldn't stand light and got very nauseous. All

she could do was lie in bed until it would pass, sometimes for two or three days. Today, two years later, she is virtually migraine-free for the past two years and has had no serious side effects since beginning treatment.

Is it a miracle? No, just a common sense approach to this malady that can affect so many women. Compounding pharmacists all over this country are doing the very same thing and millions of women are being helped. Molly cries when she thinks of the years of suffering needlessly, when help was there all the time.

Do you suffer with menstrual migraines? Give my associate Wendy or me a call to discuss your options. One call could change your life.



The Staff of The Medicine Shoppe

The Medicine Shoppe®

Call me at (636)278-6561 or visit our convenient location:
7833 Mexico Rd., St. Peters, MO 63376.
www.excelapothecary.com

Frank Nuber, graduate of St. Louis College of Pharmacy, has been a compounding pharmacist for 23 years. He's been providing hormone consulting for over six years utilizing Salivary Testing and is a nationally known speaker. Wendy Bader, R.Ph. graduate of UMKC, has completed several courses on compounding and also is a hormone counselor.