



Natural Health Research Institute

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JUNE 2018

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June is National Migraine and Headache Awareness Month

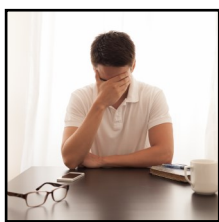
A migraine headache can be severe and debilitating. Almost 15 percent of the earth's population will experience at least one migraine in their lifetime. For some people, migraines are a common occurrence. In these individuals, powerful medications, often daily, are required to control the pain.

A migraine headache is classified as more than just a headache. It is actually a neurologic disease that has a number of unpleasant, sometimes debilitating, non-headache symptoms.

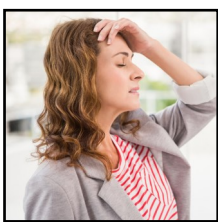
The pain associated with migraine headache is often described as pulsating. However, the pulsating pain feels more like being constantly hit in the head by a large hammer. This pain can last anywhere from a few hours to several days and is often accompanied by nausea, vomiting, and extreme sensitivity to light, sound and smell. About 30 percent of patients with migraine will also have vision changes that include flashing colored lights and even loss of sight in one part of the vision field. Some patients, when they experience a migraine, also will have difficulty with language and even fine motor control.

Prevention is the key for migraines and, fortunately, there are now a number of medications that reduce migraine attacks. Unfortunately, these medications all have significant side effects, especially when used over a long period of time. Natural remedies that may help with migraines include: melatonin, CoQ10, feverfew, magnesium, fish oil, and lavender essential oil as well as many others.

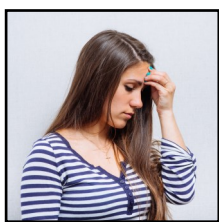
Written by Dr. Patrick Massey, MD, PhD.



[A Combination of Supplements may Help Alleviate Migraines](#)



[Melatonin Comparable to Medications for Migraines](#)



[Could a "Leaky Gut" Be the Cause of Migraine Headaches?](#)



[Migraine Relief with Lavender Essential Oil](#)

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Upcoming Events



TRINITY
conference

Trinity Conference
A Natural Health Experience
September 22-23, 2018—Schaumburg, IL

The NHRI will be an exhibitor at this comprehensive natural and alternative health forum.

[Click here for more information.](#)



American College of Nutrition's Annual Conference
Personalized Nutrition 2018 - Translate the Science of
NutriGenomics into Practice
November 7-9, 2018 in Seattle, WA

The NHRI will be a sponsor at the ACN's annual conference.

[Click here for more information.](#)

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Written by Jessica Patella, ND. Supplementing with nicotinamide (Vitamin B3) for twelve months resulted in significant reductions in squamous-cell carcinomas, basal-cell carcinomas and pre-cancerous actinic keratosis of 30%, 20%, and 13% respectively in the group of 193 participants compared to the placebo group. [Read more »](#)



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