

## MIGRAINES AND THE USE OF BEMER THERAPY

Migraines are suddenly occurring severe headaches, mostly limited to one side of the head. The pain, which is piercing, pounding and torturing, usually begins in the area of the forehead or temple and spreads over half of the skull. In some cases the pain may be felt over the entire head. Migraines can last for several hours to several days, and are often accompanied by nausea, sensitivity to light and/or disturbances of vision. Sometimes there are also muscle cramps, weakness in one arm, or noises in an ear or both.

Possible causes:

The migraine attack can be caused by fluctuations in the blood flow of the vessels in the brain. First there is a brief, spastic constriction of the blood vessels, which causes a lack of oxygen in the tissues and produces pain. "Pain is the cell screaming for oxygen". This leads to widening of the arteries, as well as to the activation of a number of biochemical processes, which causes further pain. The disposition toward migraines seems to be hereditary. Many of those affected can name initiating factors: foods that tax liver function like chocolate, certain kinds of cheeses, fatty substances, and alcohol; for women hormonal changes during the monthly cycle and pregnancy; physical or psychological demands; environmental influences like weather or bright light, or stress.

Many patients with migraines suffer from a prolonged stress level. When this is over and a period of relative relaxation begins, they experience a migraine attack (e.g. weekends, vacations, or after an important decision has been made).

Traditional medical treatment:

Treatment with traditional medicine is symptomatic, that is prescription drugs are used to ease pain and to reduce the frequency and strength of the attacks. Through this the patient may be drawn into a vicious circle, since many drugs themselves contain substances which cause head aches or lead to addiction. Generally speaking, most prescription drugs cause stress for the organism, especially the liver and kidneys.

Alternative medical treatment:

Good results have been achieved with acupuncture, transcutaneous stimulation of the nerves, homeopathy, and electromagnetic therapy. These measures are meant to stimulate the self-healing powers of the body, or to remove fields of disturbance.

Cause related therapy:

This therapy primarily focuses on eliminating the disturbances of circulation as well as avoiding attack-triggering factors.

The following effects of the application of low frequency electro-magnetic fields are of great importance for the treatment of migraines:

Overall effects:

- Improvement of circulation
- Increase of oxygen concentration in the blood
- Improvement of the viscosity of the blood
- Activation of metabolism in the cells
- Improvement of function, differentiation and regeneration of cells

- Improvement of regulation, communication and co-ordination of cells amongst each other (neuro-vegetative, neuro-endocrine, transmitters, enzymes)

Effects on blood vessels and nervous system:

- Activation of the body's own carbon monoxide systems
- Improvement of the micro circulation in the muscles and the brain
- Improvement of the metabolism in the brain
- Regulation of melatonin production (melatonin can improve sleep, prevent depression, and support the immune system and cell regeneration)
- Improvement of the central regulation processes and feed-back mechanisms

Electro magnetic therapy with the BEMER stimulates complex processes, which not only improves the circulation and oxygenation of the blood, but also activates the all-over metabolism. In addition, we recommend balanced nutrition, sufficient exercise and elimination of individual risk factors.

We also would like to mention two essential considerations:

1) As we know from traditional Chinese medicine and holistic medicine, a weakness of the liver is a frequent cause of migraines. If we look at the factors that cause an attack, we often find them to be foods or drugs, which the liver needs to metabolise acidically, i.e. detoxify, adding more strain to the already weakened liver. Often, these patients experience problems sleeping through the night, that is they wake up between one and three o'clock (according to the Chinese clock, this also signals a disturbance of the liver meridian). Therefore, the intake of acid forming foods should be minimised and no uncooked fruit or vegetables should be eaten six hours before going to bed. Any partially digested raw fruit or vegetables will ferment during the night and form alcohol, which can tax the liver and their break down will interrupt sleep. Strengthening of the liver can be accomplished through acupuncture, homeopathic preparations and detoxifying measures.

2) A further cause can be muscular tensions. If they are caused by psychological problems or stress, it makes sense to look for ways of overcoming these causes or to manage them (like yoga, bio-feedback, Tai Chi, etc.). Sometimes the cause for tensions can be rooted in improper posture, among others because of faulty work space set up or favouring a part of the body due to injuries to another part. In that case, exercise, stretching and massage can contribute to muscle relaxation.

The following results are from a physicians' user study conducted in Europe with the BEMER system (168 cases over 6 weeks):

	<b>Complaint free</b>	<b>Improved</b>	<b>No change</b>
<b>Migraines</b>	73%	20%	7%
<b>Headaches</b>	80%	10%	10%
<b>General Wellbeing</b>	72%	21%	7%
<b>General Pain</b>	68%	32%	0%

