



Web Site: www.Tuliv.com

Phone: 1-866-367-5953

Email: Migraines@Tuliv.com

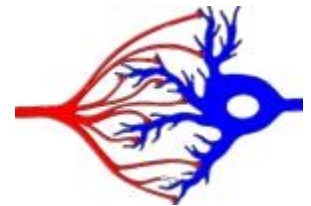
Migraine Headaches and Barometric Pressure by Lyle Henry, Migraine Research Director



One theory regarding the correlation between migraine headaches and barometric pressure is that the severe rise or drop in pressure that occurs during a significant weather change causes the blood vessels surrounding the trigeminal nerve to constrict or to dilate. It is like a half inflated balloon under a vacuum jar; as the pressure decreases the balloon expands and grows larger.

Changes in the expansion of these blood vessels to the point where they put pressure on the tiny nerve endings is the reason for the pain of a migraine headache. While not all scientists currently support this theory, or in fact, support the correlation between migraine headaches and barometric pressure at all, I most definitely believe that a connection exists between the changes in atmospheric pressure and the occurrence of migraines.

When we look at the occurrence of a classical hormonal-derived migraine we see that a chemical process happens within the aforementioned hair-like blood vessels that are intertwined with the tiny nerve endings of the trigeminal nerve. A chemical secreted by cells within the linings of these blood vessels causes the vessel to expand or dilate. As these vessels put pressure on the nerves, the nerve endings react by secreting a chemical that actually promotes the expansion of the blood vessel rather than trying to sooth it. Even though the blood vessel started the process by a reaction to atmospheric change, the chemical process gets invoked and the migraine gets started.



One can think about these phenomena as two children in the back seat of a car poking on each other. After one starts it, the other pokes him or her back rather than taking a passive position, which in turn ratchets up the encounter.

So of what use is discovering the connection between barometric pressure and migraine headaches? After all, since there is nothing we can do about the weather, so how is it helpful to know that there might be a pressure front coming that is placing you at risk for a migraine headache? Well, there are a few ways that recognizing the effects of barometric pressure on your migraine headache cycles may benefit you.

First of all, you must answer the question, "Are my headaches related only to weather changes?" Most migraineurs suffer from headaches more often then only when the weather changes. If this is the case, then one should consider a migraine prevention program such as all natural [Tuliv Migraine Defense](#).

If your headaches occur only as a result of weather changes, then you might consider a medicating prevention program during those times when you can predict a barometric pressure change. You may want to try taking the recommended amount of an over-the-counter product like ibuprofen or naproxen sodium, such as Advil or Aleve, at least 12 hours before the weather change and continuing with it for at least 24 past the arrival of weather front.

Another possibility would be to visit with your doctor about the temporary use of the new drug Treximet (combination of sumatriptan and naproxen) to be used similar to the above schedule in relation to the weather. Naturally you will want to familiarize yourself with the possible side effects and precautions of this and any other drug before making a decision to take it.

Another benefit of knowing of an impending change in barometric pressure is to alert you to being especially careful to avoid other migraine triggers (see [Trigger List](#)). Although the true cause of migraines is hormonal in nature brought about by a genetic condition, most migraine sufferers are influenced by a multitude of problematic triggers that can be anything from foods to strong odors. Knowing that an unavoidable trigger such as a weather change is coming will clue sufferers in that they will need to be more vigilant about the avoidable triggers to stave off a migraine attack.

If you have any questions about migraine prevention, please call 1-866-367-5953 or email to Questions@Tuliv.com.