

## Vitamin E - Help for Migraines

Research Article by Lyle Henry

Studies by researchers at universities and hospitals such as Mayo Clinic have been turning attention to finding a more natural approach to migraine prevention. For example, in a recent study on women who experience menstrual migraines it was found that Vitamin E, when taken prior to and during the menstrual period, may be effective in some cases of relieving symptoms due to a menstrual migraine.

We, at Tuliv, **have always recommended taking 400 IU of Vitamin E each day along with Migraine Defense** because its effect on cells appears to enhance Migraine Defense in working to help prevent migraines.

Why does Vitamin E help? Vitamin E is an antioxidant which is a substance that may protect cells from the damage caused by unstable molecules known as free radicals. **Vitamin E, in the case of migraines, may also have an effect on the mitochondria of certain cells.** The mitochondria of specific cells are of most interest in the more advanced research on migraines.

In order to provide a scientific reason for why migraines occur and what can be done to prevent them, we must look deep into the actual cause of migraines. There is little denial today of the genetic link for the propensity to get a migraine. The location of the genetic link for migraines is of the greatest importance and holds the most promise for prevention and eventually a cure.

Migraines do not start in the head. Rather the **migraine link is found in the DNA of the mitochondria of specialized hormone production cells.** The importance of this link is that these are the cells that produce the hormones such as estrogen, progesterone, and testosterone in both female and male bodies. These cells have hormone receptors to receive what are referred to as "messenger hormones" secreted by the pituitary gland that tell the cell to start or stop production.



**In other words, migraine occurrences are related to hormone fluctuations ensuing from hormone production cells that are directed by the pituitary gland. This has been the cornerstone of my research on migraines during the past ten years.**

Since migraine occurrence can be traced to adverse reactions of these particular cells during times of hormone fluctuation, **one approach to migraine prevention is to help these cells work properly - this is the premise of all-natural Tuliv Migraine Defense.** Vitamin E, taken daily with Migraine Defense works to prevent migraines. However, we have found that Vitamin E, taken alone, does not have the same results in migraine prevention as its use with Migraine Defense.

It should be pointed out here that although Vitamin E may be helpful, not all supplements are good for those who suffer from migraines. See more about migraine triggers found in supplements below and visit [www.Tuliv.com](http://www.Tuliv.com) for a complete list and further information on the cause of migraines.

We welcome your questions and comments. You can contact Lyle Henry directly by email at [Lyle@Tuliv.com](mailto:Lyle@Tuliv.com) or by calling 1-866-367-5953. There is no cost or obligation for his services.



## Learn To Avoid Migraine Triggers

As mentioned in Lyle's article above, some supplements can be triggers for migraines, especially anything with L-tyrosine or L-arginine:

**L-tyrosine and Tyramine** and the foods and products that contain these are migraine triggers. L-tyrosine, in its converted form of tyramine, plays a major role in the synthesis of CGRP that has been identified as the actual chemical present during a migraine.

**New health products** should be approached with extreme caution as they can easily disrupt the balance of your system and trigger migraines.

**Valentine's Chocolate Caution!**

**Chocolate** is often a common Valentine treat, but it could also be a migraine trigger. Chocolate contains high levels of the amino acid L-tyrosine which the body converts into tyramine and can lead to a migraine.

To learn about or print a list of other migraine triggers, visit our website: [www.Tuliv.com](http://www.Tuliv.com)



## Migraine Defense Works!

Please use our complimentary consulting services and call with your migraine questions. With ten years of migraine research experience, Lyle can provide valuable information on why you have migraines and what you can do to prevent them.

In addition, share our newsletter or website with others you may know who also suffer from migraines. A migraine-free life is within reach - let us help you get

there!

Email your questions to Lyle: [Lyle@Tuliv.com](mailto:Lyle@Tuliv.com) or call Lyle or Eileen at 1-866-367-5953. Order on-line at [www.Tuliv.com](http://www.Tuliv.com) or by phone 1-866-367-5953.