

Migraines Happen as Hormones Change Throughout Life

Research Article by Lyle Henry

For many people, the onset of migraines begins around the time of puberty, and the frequency of occurrence adheres to a rather predictable pattern throughout a person's life. Others may not be affected by migraines until they are in their twenties; still others may not start having migraines until past the age of 40.

Women have additional conditions that can initiate the onset and progression of migraines, including menstrual cycles, taking birth control pills, post-pregnancy, and post-hysterectomy. Migraine patterns in both men and women can also be affected by adding hormones (HRT) to their bodies as the added hormones tend to change the natural balance and rhythms of life.

The age of a person is one of the major factors affecting migraines. As mentioned earlier most migraines start at the age of puberty, become rather predictable between the ages of 20 to 35, and then sometime around the age of 40 (give or take a few years) worsen in intensity, duration, and frequency regardless of sex or earlier life patterns. As this progression continues, the pattern may transform into one of chronic daily migraines. Migraines generally subside once a person has reached full menopause or what many refer to as "having gone through menopause."

Tuliv Migraine Research may have been one of the first to identify the relationship between the secretions from the pituitary gland and the occurrences of migraines in both episodic migraines and major pattern shifts. The pituitary gland controls the onset of puberty, monthly menstrual cycles, pregnancy, sexual functions, and eventually peri-menopause and menopause stages of life. The secretions from this gland control the production of certain types of hormones that cause a reaction that ultimately produces a chemical called CGRP that has been linked to the initiation a migraine attack.

It was this discovery of the relationship between the pituitary gland and the production of CGRP that was the one of the premises for the migraine hypothesis that led to the development of the first migraine prevention formula that addresses the natural cause of migraines - Tuliv Migraine Defense.

It is important to note here that there is no evidence of anything being wrong with the pituitary gland that would cause a migraine; rather, we are simply saying that there is a relationship between the secretions from the pituitary gland and the occurrence of migraines. By studying the role of the glands of the endocrine system in relationship to the occurrence of migraines, it appears that many of the mysteries of migraines can be solved.

For more information, please see the [Natural Cause of Migraines](http://www.Tuliv.com) at www.Tuliv.com.

Learn To Avoid Migraine Triggers - Nitric Oxide

Summer Migraine Triggers:

- **Artificial sweeteners.**

It is often believed that artificial sweeteners will be better for you in your coffee or iced tea than sugar, but this is not true. Artificial sweeteners are as the name implies - artificial. And for a person who suffers from migraines, artificial sweeteners can also be a migraine trigger. Artificial sweeteners are found not only in packets for drinks, but also as sweeteners in ice cream and other unexpected foods and beverages. Read the labels and avoid any item that has any of these sweeteners: *Aspartame, Acesulfame Potassium (K), Saccharin or Sucralose, Equal®, NutraSweet® or Splenda*

- **All "diet" products and beverages, as these most often use an artificial sweetener; this includes almost every product that uses the word "diet".**

You are better off drinking a soda with the sugar versus the diet version. Remember a cold glass of filtered water on a hot summer day is always the best thirst quencher - and your body will thank you for it!

To learn more about what to avoid and why, please visit www.tuliv.com or [click here](#) to print our list. If you are in doubt about a supplement or something in your diet, please feel free to email us at MD@Tuliv.com for assistance.



Get Answers to Your Migraine Questions

Call us at **1-866-367-5953**

or send an email to MD@Tuliv.com

It's time for you To Live migraine-free.