

That Time of the Month

Research Article by Lyle Henry

This is part two of a [series of articles](#) on [migraine patterns](#) that will explore the occurrences of migraines based on the time of day, day of the month, and age of the person. In this second article we will address the time of the month.

For many years migraine researchers have known there is a hormone connection to migraines in men, women, and children. The more precise cause of migraines may be seen as a change in specific neurochemicals that are released during phases of hormone production. It is easier to see the [hormonal cause of migraines](#) in women than in men because of the monthly menstrual cycle of women, even though the principle and hormones are exactly the same for men and women.

Menstrual cycles are actually controlled by the pituitary gland through the messenger hormones LH and FSH. If you have been reading my [research](#), you may recall these are the hormones that are received by the cells that contain the migraine gene that gets involved in the production of a neurochemical that starts the migraine attack.

It is during the times when these hormones are at their highs and lows that most migraines occur. To say that estrogen or progesterone is the cause of a migraine is a misunderstanding of the effect of hormones on migraines. This misunderstanding has led to the over prescribing of additional hormones as a treatment for migraines, which seldom provides a stable solution and can lead to other problems in the body. We can readily see the adverse effect of hormones on migraine when we realize that birth control pills, which are hormones, generally cause more migraine headaches.

For more information, see the [Natural Cause of Migraines](#) at www.Tuliv.com.

Natural Cause - Natural Solution

Understanding how hormones are involved in migraines and their effect on migraine patterns provided the insight needed for the development of [Tuliv Migraine Defense](#), the first and only migraine preventive that addresses the natural cause of migraines.

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

Learn To Avoid Migraine Triggers - Nitric Oxide

Summer Migraine Triggers:

Tanning Lotions

Sunless Self Tanning Products, especially those that contain tyrosine, can trigger migraines. So, throw out the artificial tanning lotions and wait a few more weeks for the natural sun!

Exercise, Heat, and Being in the Sun

This can be a great time to get outdoors and have fun - except those who get migraines need to use caution. Exercise and heat can significantly increase the amount of nitric oxide in the body. Our research at Tuliv has demonstrated that the nitric oxide level in the body is a stimulus for the onset of a migraine. This is the reason why being in the sun often precedes the onset of a migraine.

Keep your body cool and avoid anything that will increase the level of nitric oxide.

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.



Migraine Defense Works!

My daughter was 7 years old when she started taking Migraine Defense in July '09. And at the time I believe she was the youngest you had taking it. She has been taking MD for 10 months and she is now 8 years old. She has epilepsy and used to take [Topamax for headaches](#) but with side effects and the cost I looked for alternatives and found you guys. I wanted to let you know your product is amazing! We have to report her medications when going to the doctor/neurologist and medical staff often ask if it works and I say a resounding ...YES! I appreciate you guys and know that God has given you gift! Blessings ~ Sheryl

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.