

Learn To Avoid Migraine Triggers

Protein Drinks and other health foods.

Protein drinks, bars, and tablets may seem like the healthy thing to do; however, those that contain the amino acid L-tyrosine should be avoided, as they can trigger migraines. In addition, any product that claims to boost Nitric Oxide levels in the body should also be avoided.

Tuliv migraine research revealed that L-tyrosine (in the form of tyramine) and nitric oxide combine to generate the neurochemical that triggers the onset of a migraine. Elevating one or both of these substances increases your chance for a severe migraine headache. Read all labels carefully.

Strenuous workouts cause the body to manufacture nitric oxide. Consuming a protein drink that contains L-tyrosine immediately after a workout, when the body still has an elevated level of nitric oxide, can be an explosive combination for those who suffer from migraines.

[Print a List of Triggers](#) or [Read more about migraine triggers.](#)

Hormones Cause Migraines in Both Women *and* Men

A Problem of Nature Needs a Natural Solution - Migraine Defense

"Over 90% of all migraines occurring in men and women are caused by the body's inability to properly manage changes in hormone production," says Lyle Henry, migraine researcher and co-founder of Tuliv.

The more precise cause of hormonal migraines may be seen as the release of neurochemicals during times of hormone fluctuation. These neurochemicals start the process that can generate a painful migraine headache and associated aura, nausea and vomiting.

Tuliv migraine research, under the direction of Lyle Henry, has shown that even "tension and stress" headaches can be traced to the hormones secreted by the body during times of stress. In addition, Tuliv identified the hormones that are involved in the migraine attacks that occur during the early morning hours, i.e. 4 AM.

Although it is easier to identify the hormonal cause of migraines in women, the natural cause of migraines is the same for both women and men. Tuliv research found that migraine attacks directly correlate with the patterns of hormone changes that occur each day, during the course of a month, and throughout the various stages of life.

Understanding which hormones control migraine patterns and how they cause

the migraine attacks, provided the insight needed for the development of the first migraine preventive that addresses the cause of migraines - **Tuliv Migraine Defense**.

See [Tuliv Hormone Headaches](#), [Migraine Patterns](#) and [Migraine Research](#)



Migraine Defense customers are celebrating **Five Years Migraine-Free!**

Since its development in 2004, Tuliv Migraine Defense has been helping thousands of men, women and children live migraine-free lives. Through our continued research and personalized care, we can help **you** join those living migraine-free lives.

Go to our website: www.Tuliv.com to learn more about our Migraine Defense product and a program that is right for you or call us at **1-866-367-5953** or send an email to MD@Tuliv.com

We look forward to speaking with you. Remember our Tuliv migraine experts are on hand to answer questions and help you customize a migraine prevention plan.

Call us: 1-866-367-5953 or email your questions to: eileen@tuliv.com.

It's time To Live migraine-free.

