

Summer Migraine Triggers

Tanning Lotions

Sunless Self Tan 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.

[Read more about migraine triggers.](#)

Migraine Prevention

The Solution is Real



"In the past five years we have proven overwhelmingly that migraines can be prevented," says Lyle Henry, founder and developer of Tuliv Migraine Defense.

Tuliv's development of a migraine preventive started with its own innovative research on the cause of migraines, setting aside the pharmaceutical approach that focuses on relieving the pain in the head. "We wanted to identify the biological cause based on the significant patterns of migraine occurrence," says Henry. "This led to the discovery that three major glands in the body secrete hormones which are directly related to the occurrence of migraines in men, women, and children."

Henry goes on to explain what he discovered, "The pituitary gland relates to the initial onset of migraines at puberty, during monthly cycles, and an increase in migraine problems around the age of 40. The pineal gland accounts for the 4 AM and 4 PM occurrences; while the adrenal gland is involved in the stress or tension-type migraines."

By first understanding the cause of migraines, Tuliv was able to formulate an all-natural approach to migraine prevention for men, women, and children that, when taken daily, has proven to manage the prevention of migraines.

Lyle Henry is the Migraine Research Director for Tuliv (www.Tuliv.com) and developer of Tuliv Migraine Defense. The previous article is featured in the Midwest Health and Wellness Magazine Spring 2009 Issue.



Migraine Defense is now the highest-rated migraine manager available without a prescription!

Through our continued research, and personalized care, we can help you toward a migraine-free life. 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: 1-866-367-5953.

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.