

Revolutionary Discoveries in the Study of Migraines

As you suffer from migraines, you may often feel left out of activities and family events and wonder, "Why Me?" You are not alone. Many others understand how you feel and have similar circumstances. Even celebrities are not exempt from this suffering.

Cindy McCain was recently on the Today Show talking about her troubles with migraines and is asking Congress for more migraine research. Kristin Chenoweth, right after winning the Emmy, felt a migraine coming on and had to go backstage to lie down during part of the Emmy awards.

Many people are going through what you are going through. Although no two circumstances are ever exactly alike, you should never feel that you are alone or cannot be helped.

Today we find that more of the answers are coming from independent researchers like Lyle Henry, who has made revolutionary discoveries in the study of migraines. Many migraine sufferers, who became frustrated by the disappointing use of prescription drugs offered by the medical profession, have found that migraine prevention is possible by taking Tuliv Migraine Defense, which was developed by Lyle Henry.

Tuliv continues to help migraine sufferers through Migraine Defense and its research efforts. Tuliv research has identified three basics that define the cause of the migraine syndrome:

1. Migraine is a condition resulting from the inherited genetic makeup within the DNA of a person (i.e. the identifiable migraine gene), making him or her predisposed (susceptible) to the migraine syndrome.
2. The migraine syndrome is stimulated by adverse reactions of specific cells in the body that have hormone receptors (proteins) for hormonal secretions from the pituitary gland of the endocrine system, i.e. hormonal migraines.
3. The migraine syndrome (symptoms of migraine) is the result of a chemical synthesis that ignites a reaction in the bilateral trigeminal vascular system that creates the pain associated with a migraine.

[Migraine Defense](#) is an all natural formula resulting from the Tuliv migraine research on managing the cause of migraines and is used as a migraine preventive to help migraineurs to live a migraine-free life.

Go to [personal migraine stories](#) to read what others have to say about Migraine Defense or to [migraine research](#) to learn more about the cause of migraines. Also visit our website: www.Tuliv.com



Learn To Avoid Migraine Triggers

Coffee and other Caffeine Drinks.

Our migraine research at Tuliv has found that caffeine itself when consumed as a single event once or twice a day does not make any significant difference in the migraine episodes; rather, the problem may be attributed to the pattern of consuming caffeine throughout the day that affects the onset of a migraine.

In other words, if you drink a cup of coffee in the morning and a soda containing caffeine in the afternoon, you should not have a problem; however, if you have several cups periodically throughout the day, you may be setting yourself up for a migraine headache.

Caffeine is a natural short-term vasoconstrictor, which means it works in a way similar to that of a triptan drug when relieving a migraine headache.

Each time coffee, or another product that contains caffeine, is drunk it constricts the blood vessels of the trigeminal-vascular system (area of migraine headache pain). As the caffeine effect wears off, the vessels relax and expand with blood. When this happens several times throughout the day, the throbbing pattern of the blood vessels can place enough pressure on the nerve endings to cause them to become irritated and secrete a chemical that can initiate a full blown migraine.

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



Migraine Defense is on Facebook!

Join us in talking about achieving a migraine-free life to live without the debilitating effects of migraines.

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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.

