



Why Do I Get Migraines?

The simple one word answer is: **genetics**.

Genetics plays a major role in migraines. In more than 98% of the cases we have worked with in the past five years, a family history of migraines can be found. This is because the migraineur has inherited a gene for the propensity of migraines.

Gene for the Propensity for Migraines. The inherited existence of this gene doesn't always mean that that person will get migraines. Eileen's (the person for whom Migraine Defense was originally developed) family is a good example. Eileen's mother and grandmother, as well as her great aunt, suffered violently from migraines throughout their lives, as Eileen did for 43 years prior to the creation of Migraine Defense. However, neither Eileen's sister or Eileen's 40-year old daughter have ever had a migraine. Case in point, migraines can skip generations and having the migraine gene may not necessarily condemn one to a life of migraines.

Secondary to this point is that each body is unique and there are differences as to how the cells containing the migraine gene respond to migraine stimulating factors of the body. For the most part, these stimulating factors are "messenger" hormones. Since women have these occurring at regular intervals (i.e. menstrual cycles), this is one of the reasons why females are much more subject to migraines than males.

Other factors that can start the migraine syndrome are what we commonly call "migraine triggers" and are introduced into the body through ingestion (i.e. MSG, red wine, yogurt, etc.) or body environment changes (i.e. heat and weather changes).

Migraine Defense for the prevention of migraines is based on the fact that certain cells containing the migraine gene with hormone receptors for specific hormones is the actual cause for migraines. We believe by taking a natural approach to the management of a problem of nature, the most benefits can be provided without introducing side effects.

Family History of Migraines. In searching for family members with migraines, keep in mind that it is only recently that people feel more comfortable discussing problems that may be related to hormonal problems. When one talks about a grandmother who never admitted having migraines but would spend three days in a dark bedroom each month, you can assume she was suffering from migraines during her menstrual cycle. Also, keep in mind that there are cases where the only family history that can be found is on the fraternal side of the family.

We want to hear from you about this subject or any other questions you may have. Please email us at Questions@Tuliv.com or call 1-866-367-5953.

Learn more about [Triggers](#) and Migraines Tuliv.com

All natural [Migraine Defense](#) is designed to work on managing the cause of migraines and is used as a migraine preventive to live a migraine-free life.



Learn To Avoid Migraine Triggers

Artificial sweeteners can trigger migraines.

While you may be trying to watch what you eat or even be on a diet, it is much healthier to use sugar or a natural sweetener such as honey or pure maple syrup. Artificial sweeteners are just that - artificial. Our bodies process artificial, or unnatural, products in a much different way than our bodies process natural ones.

Artificial sweeteners can be found not only in sweetener packets for coffee and tea, but also as an ingredient in soft drinks, other flavored beverages, jelly, chewing gum, frozen desserts, etc. Remember to always read the labels.

To find out other migraine triggers, visit our website Tuliv.com



Migraine Defense is on Facebook!

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

Become a [Migraine Defense Fan](#) on Facebook and share your comments with others so that they to can have an opportunity for a migraine-free life.

Learn More About Migraine Defense

Go to our website: www.Tuliv.com to learn more about Migraine Defense or call us at **1-866-367-5953** or send an email to MD@Tuliv.com

