



Neurofeedback Can Get Rid of Your Migraines!

May 23, 2012

If you suffer from migraines, you're probably well aware of it. Throbbing pain in the head, nausea and vomiting, and heightened sensitivity to light and sound are common symptoms of migraines that are hard to ignore or mistake for any other condition. Whether your migraines last for hours or days, they can severely reduce your quality of life. Although there is no way to cure migraines, you can take steps to prevent them or lessen their symptoms.

Mainstream treatment of migraines involves pain-relieving medications, taken during attacks, and preventative medications taken on a regular basis to lessen the severity and frequency of attacks. Although preventative medications may be useful for severe cases of recurring migraines, the Mayo Clinic warns that these medications are often ineffective at eliminating the headaches and may cause serious side effects.

For even the most severe cases, relief without side effects or other risks may be found with alternative therapies, including neurofeedback. According to the Mayo Clinic, among alternative therapies, "Biofeedback appears to be especially effective in relieving migraine pain." Neurofeedback, a more powerful form of biofeedback that works with the brain and not just the body, may be even more effective. Migraines are essentially caused by an instability in the brain and the inability of the brain to self-regulate. Neurofeedback therapy trains the brain to self-regulate, maintaining the stability necessary to avoid migraines. Techniques for self-regulation may help the brain become stable and migraine-free without the need for long-term medication therapy. Neurofeedback may be a viable component of a multipronged approach -- including medication, nutritional and other therapies -- to finally treating and overcoming your migraine headaches.

Carmen Wylie
Neurofeedback Therapist
Cognitive Wellness Neurofeedback
West Hills, CA