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Fear, Guilt, Plus Anxiety Manifesting In Migraines

5 steps to being migraine-free without medication and the author's own story of freedom!

Managing Migraine Misery

Healing Migraine Methods with Natural Formulas from Dr. Saunders

The Food and Migraine Connection

The Migraine Elimination Diet:
Finding your Food Triggers

Nutritional Deficiencies And Environmental Pollution May Be Causing Massive Migraines

GRANDMA'S CURE CORNER

Migraine Condition Care Guide

15 First Aid Tips For Caring For Someone You Love
With Migraines

Home Cures That Work

August 2010 - Migraines

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Managing Migraine Misery

by Dr. Scott Saunders, M.D.



“Doctor, my headache is so bad. I think it’s a migraine!”

Many people ask me if they might have **migraine headaches** — or is it “just” a tension headache? The amount of **pain** doesn’t determine the type of headache, but rather what is causing it. A tension headache is outside the skull and generally covers the whole head “like a tight band.”

A **migraine**, on the other hand, is “pressure” inside the head. It is often one-sided, but can change sides from time-to-time. Associated symptoms might be strange sensations, or vision disturbances such as flashing lights, or darkening such as “tunnel-vision.” Very often the **pain** will get worse with bright lights or loud noises. As a result, people who get migraines seek a dark, quiet place to suffer. Many people also get nausea and/or vomiting.



Should You Medicate A Migraine?

In the medical world we speak of “control” and “**triggers**” in regards to **migraines**. I rarely use long-term **medications** to prevent migraines because they have many side-effects and aren’t very effective. Medications used for the **pain** include all of the “**NSAID**” (acetaminophen, ibuprofen, and so forth) drugs, opiate (vicodin, darvocet), and other pain medication, as well as **migraine**-specific drugs. This last group includes the “triptans” which constrict blood vessels and will often abort a migraine. Those who suffer with migraines often have to move around to different drugs as one quits working, to find another that will work — but only for a time.

Fight Back With Food

Prevention starts... Please visit www.HomeCuresThatWork.com to sign-in or subscribe to read the rest of the article.



The Food and Migraine Connection

By David Randall

Separating the Good the Bad and the Ugly

Migraine pain is often describes as an intense and debilitating pain in one area of the head and is usually accompanied by nausea, vomiting, and sensitivity to light and sound.

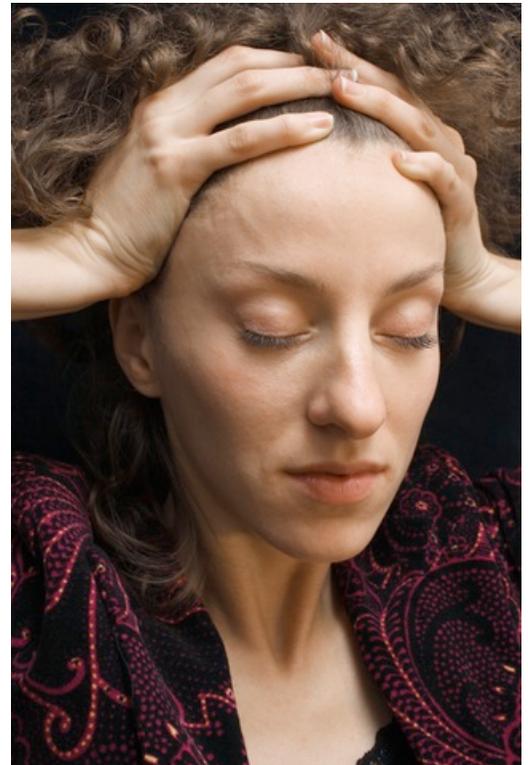
Migraine symptoms will vary in intensity and from person to person. Some individuals may even experience auras, such as flashes of light, blind spots, or even a temporary loss of vision.

Although there is no solid end-all cure for **migraines**, it can be controlled and managed by the foods you eat or the Good, the Bad and the Ugly Foods (no relation to the movie of the same name starring the famous Clint Eastwood).

The Migraine Elimination Diet

In 1983, researchers at the Hospital for Sick Children in London reported their results for 88 children with severe, frequent **migraines** who began an **elimination diet**. Of this group, 78 recovered completely, and 4 improved greatly.

In addition, some children who also had seizures found that their seizures stopped. The researchers then reintroduced various foods and found that they sparked **migraine** recurrences in all but eight.



In subsequent tests using disguised foods, the vast majority of children again became **migraine symptom**-free when **trigger foods** were avoided. **Migraines** returned when trigger foods were added to the diet.¹

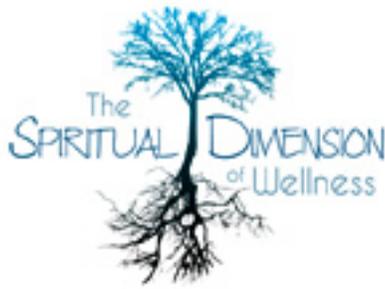
In adults, anywhere between 20 and 50 percent have a reduction or elimination of their headaches when common **trigger foods** are avoided.

The Foods and **Migraine** connection will be a starting point for the Migraine **Elimination Diet**.

The Good

The Good foods are those...

Please visit www.HomeCuresThatWork.com to sign-in or subscribe to read the rest of the article.



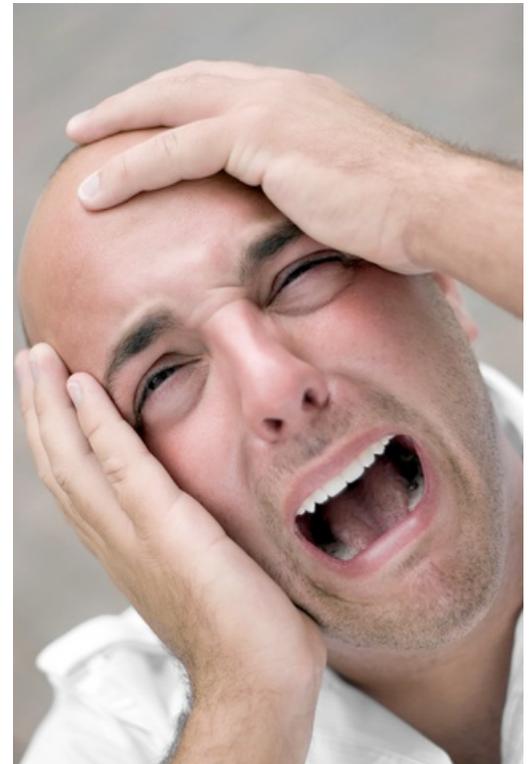
Don't let fear, guilt and anxiety weigh down your body and your mind with migraines

by Pastor Steve Hickey

5 steps to being migraine free without medication.

At least a couple times a week, severe **migraines** would result in me not being able to function. Some of you know the routine, you sense a **migraine** coming on and you know you better get home quick because before long any light and noise will be unbearable. Perhaps you noticed the first sentence above is written in the past tense and that's because I have not had a migraine for a dozen years. You can be free of them, too — and without any medication!

Admittedly, my testimony with regard to **migraines** is a testimony of a miraculous healing. One evening I was at church and I felt a migraine coming on. We had some guests in town from Texas for a worship and **prayer** conference and the keyboard player was a man named Rueben. To this day, I don't know his last name. Rueben noticed I was not feeling well and he came to the back of the sanctuary and asked if he could pray for me. I had told him I felt another bad **migraine** headache was coming on. He gathered a few other people around me to pray. I really don't remember what exactly he prayed except I started to feel hot and I started to sob. I'm not one to cry. The fact that I was sobbing quickly caught my wife's attention, indicating to her and others that something was indeed happening.



At some point in his **prayer** for me, Rueben hit me hard in the forehead with the heel of his hand while saying in a loud voice, “*In Jesus Name... spirit of infirmity, be GONE!*” A couple things about this:

1. First, those of you who suffer from **migraines** know that even your hair hurts and you don't want to be touched, let alone hit in the head.

2. Second, even today we do not allow our **prayer** team to do such things. But, that's what he did to me.

Here's what I can't deny: the pain immediately left and I have not had a **migraine** since.

At that time I was taking Zomig (Zolmitriptan was about \$10 a pill at that time) and I was getting free samples from a doctor who attended our church. About two months later, the doctor asked me why I had not come in for more Zomig samples. I looked both ways and then whispered to him, "*Doc, I don't want to jinx anything but I think I've been healed.*" Later that day I felt a very strong impression (that I attribute to God) that if I didn't start giving Him glory for healing me of migraines, I'd get the **migraines** back. Since that day, I've been sharing that testimony of God healing me of migraines. Also since that day, God seems to have given me a grace to successfully pray for and minister to others who suffer from migraines.

In the last 12 years since that all happened, I've learned a few things about migraines and how to minister to people with **migraines**. A **migraine** is a type of pain known as "psychogenic pain," which means it is not caused by any known organic reason but is associated instead with psychological factors. In this article, and other articles here in my column on the *Spiritual Dimensions of Health and Wellness*, I have written from the vantage point that many ailments have spiritual roots, especially those with no other known cause, such as migraines. If **migraines** are caused by non-organic factors, treating them chemically only treats the symptoms. In other words, they'll come back again tomorrow and the next day or as long as the root causes are unidentified and ignored.

The medicines available to treat **migraine** symptoms do two things simultaneously.

- First, they reduce the secretion of serotonin (serotonin is a vasoconstrictor).
- Second, they increase histamine secretion (histamine is a vasodilator).

It is well-known that the swelling of the blood vessels puts pressure on sensitive nerves causing migraines. It is also well-known that the hypothalamus gland responds to inner turmoil and the secretion of serotonin is lessened. In his book, *A More Excellent Way: Spiritual Roots of Disease*, Dr. Henry W. Wright explains how "*All **migraines** are rooted in **guilt**.*" Guilt over spending too much money, guilt over arguments we have with others and any amount of conflict we have within ourselves manifests in anxiety. Dr. Wright explains how **anxiety** results in histamine being over-secreted in the cranial region.

In no way do I profess to have expert medical understanding of any of this. However, my own struggle with migraines and the many people I have successfully ministered to with **migraines** convinces me that these roots of inner guilt, fear and anxiety do directly effect the reduction of the secretion of serotonin and the increase of histamine secretion. In other words, **guilt, fear** and **anxiety** manifest in migraines.



Other spiritual factors also come into play. In the Bible we are told that we need to be aware of the “devil’s schemes” against us. That means the devil has a variety of different approaches and strategies he uses to destroy us. One of those strategies is to “*wear down the mind.*” Daniel 8:25 says the devil will “*oppress the saints.*” Literally rendered that means, “*to wear down the mind.*” Knowing this is one of his schemes, we can be sure his demonic helpers piggy-back on what would otherwise be normal tensions and

stressors in our lives. He is the ancient serpent and coiling around and constricting our life-blood is one of his favorite tricks. Those in our church who do deliverance ministry can explain better than I can how the powers of darkness, like negative energy and black energy, get a foothold in our lives through **guilt, fear** and **anxiety** and wear down our minds and bodies.

All that being said, what are the steps we can take to be **migraine** free?

- First, be sure you have peace with God by asking Jesus to come into your life and forgive you of sin. Confess to him and ask him take away your **guilt, anxiety** and **fear** and give you his peace.
- Second, draw a blood-line around your life. By that, I mean praying out loud something like this: *Jesus your shed blood on the cross broke the power of death and I plead your blood over my life and my mind.*
- Third, find people who believe in healing **prayer** and ask them to lay hands on you and pray for you with authority.
- Fourth, renew your mind by reading God’s Word. Start with the Psalms as the entire gamut of human emotion is expressed to God in the Psalms. Memorize passages that have to do with casting **anxiety** on the Lord. You need to build a hedge of protection around your head. Philippians 4:7 talks about the importance of **prayer** for guarding

and protecting the mind. “...*And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*”

- Fifth, call our church office (605-357-8136) and ask for a phone appointment with me, or an individual on our ministry team to pray for **migraine** relief.



Steve Hickey (*Spiritual Dimensions of Wellness*) is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell’s organization, a police chaplain, and is very active in politics as a national voice for the unborn. He’s written several books, including his latest, *Momentum: God’s Ever Increasing Kingdom* (**www.MomentumHandbook.com**). Steve and his wife would like to pray for your specific needs and have a **prayer** team at the church waiting to hear from you. For more information or to submit a prayer request, visit:

www.ChurchAtTheGate.com/prayer.php



Grandma's Cure Corner: Migraine Condition Care Guide

By Grandma Barton

15 First Aid Tips for caring for someone you love with migraines

Recently, I twisted my ankle while out hiking with my grandson. The tender little guy turned to me and said, "Get over it Grandma. Walk it off." This approach to pain may work for some injuries (helpful for little kids but not a sprained ankle!), but it certainly doesn't work for **migraines!**

If you have never been under the vice of migraines, it may be tempting to tell someone **suffering** from a migraine to, "Walk it off." But by learning more about migraines and its debilitating effects, as a **caregiver** you may help sufferers to find relief.

Here are simple 15 **First Aid** Tips to be able to...

Please visit www.HomeCuresThatWork.com to sign-in or subscribe to read the rest of the article.

Big Pharma Corporate Arm

Learn How You Can Spontaneously Transform Your Life To Be 100% Migraine Pain Free

By Martin Jacobse

Did you know at least 45,000,000 Americans report that they suffer from **headaches**? Personally, I've never reported a **headache**, have you? Just imagine how big the actual numbers of headache sufferers there really are. Sadly, popping all that headache medication isn't preventing or curing the epidemic **migraine** syndrome sweeping America. But, it may be actually causing many of them.

It's called "rebound headaches," "analgesic rebound headaches" or "medication overuse headaches" (MOH). If you're having **headaches** for 7 to 15 days of the month, you may be one of millions of people addicted to anti-**migraine** or analgesic medications. Considering in the US, 10 to 20,000 tons of aspirin are consumed every year, which only scratches the surface of the total amount of **headache** medications Americans are swallowing.



There are many types of **headache pain** along with complications that come with them; the most common type is a **migraine**. By definition, a migraine is a "one-sided" throbbing **pain**, hammering away inside your head and robbing you of daily **energy**.

Migraines are still uncharted territory scientifically speaking, but we do know that migraines are triggered by changes of **blood flow** within in the brain. When blood vessels in the brain repeatedly contract and expand, nerve endings within these vessels respond by sending out **pain** signals.

Here are 5 common complications that can come with a **migraine**:

- Light sensitivity
- Noise sensitivity
- Numbness of limbs
- Nausea and vomiting
- Hallucinations

Now, common sense will tell you if any Over-The-Counter (OTC) or prescription cure were available, 45,000,000 people wouldn't be reporting **migraines** and their dangerous complications, would they?

The good news is there are little known “proven remedies” for chronic **migraines** and **headache pain**.

As with any health issues, the solution can be found within the problem. Or, in other words, understanding the cause and undoing it can find the cure.

Rebound Headaches Are Aggravated by Nutritional Deficiencies

The last thing Big Pharma wants you to know is your general health issues, including **migraine** syndromes, are NOT drug **deficiencies**. In fact, an overwhelming amount of evidence reveals missing “key nutrients and minerals” cause a lot of human **pain** and suffering. Your **migraines** are no exception.

Yet, despite overwhelming evidence bearing against the effectiveness of pharmaceutical drugs these days, millions of people still take them regardless of any real benefits and harmful reactions.

To help make my point, let's take a quick peek at some other examples of serious problems triggered from specific nutritional deficiencies. As you'll see, following good old fashion common sense can solve many of your health challenges. Of course, common sense really isn't so common anymore, *is it?*

For starters, we know some problems are caused by over eating. Take obesity, heart disease and diabetes, these are generally caused from eating too many “empty calories” and not getting enough exercise. Thanks to plenty of fast “junk” food, most Americans over eat and

still suffer from “under nutrition,” simply because **THEY’RE NOT GETTING ANY REAL NUTRITION.**

Isn’t it ironic that over-eating is a main cause of under-nutrition in America?

Read on . . .

Here Are Some Classic Examples Of Dis-Ease Caused From Lack Of Nutrition:

- Calcium **deficiency** causes osteoporosis and rickets
- **Iodine deficiency causes goiter**
- Selenium deficiency causes Keshan disease
- **Iron deficiency causes anemia**
- Zinc deficiency causes growth retardation
- **Thiamine (B1) deficiency causes Beriberi**
- Niacin deficiency (b2 or B3) causes Pellagra
- **Vitamin C deficiency causes scurvy and heart disease**
- Vitamin D **deficiency** causes osteoporosis and rickets

Considering this it should be no surprise to learn **migraine headache** syndrome may be linked to[amprotect=all] certain **deficiencies**, as well. Actually, that’s really good news for millions of headache sufferers; perhaps all they need to do is find their own “missing link” to optimum health.

5 Nutritional Deficiencies Related To Migraines:

- Vitamin B12¹
- Vitamin D²
- Calcium²
- Magnesium³
- Iron ⁴

Keep in mind; everything is connected for a reason. Your health is like a chain whose strength is only as strong as its weakest link. Truth is if you are suffering from **headaches**, your body could be telling you something is getting ready to snap. So, find that weak link and strengthen it!

First There Are 3 Factors To Consider Before Blaming Your Headache Pain On Diet Alone:

- Stress
- Dehydration
- Environmental pollution

Is EM Smog Short Circuiting Your Blood-Brain Barrier?



“Tension **headaches**” can actually be caused from dehydration, environmental toxins and last, but not least, electromagnetic (EM) pollution.

As far as environmental pollution, we know everything from chemicals to cell phones and fluorescent lighting can trigger tension and stress. But, did you know even fluorescent lighting⁵ is well known to set off a **migraine** response, behavioral changes or even cause an epileptic fit? A great solution for fluorescent lights is to use full spectrum bulbs, which radiate more like natural sunlight.

Power outlets, computer screens and wireless interference are a whole other story. Because of our high-tech world electromagnetic (EM) smog is becoming a bigger hazard than ever before.

Your body depends on the subtle, natural **energy** fields surrounding you.

For more than a century scientists have been saying everything vibrates with its own unique energy frequency. Perhaps our food, environment and emotional wellbeing are all interconnected even more than we first thought.

The question is if this is really true could this information help us cure America’s **headache** dis-ease?

Dr. Kikuo Chishima⁶, a Japanese professor, theorized that the “**energy** signature” in the foods we eat might be even more important than the nutrients. So, why should we be any different at the cellular and molecular levels?

Could Dr. Chishima be right? Many leading researchers believe so.

Bioenergetic medicine recognizes how nutrients raise the healthy vibrations of the body’s cells and how pesticides, antibiotics and growth hormones in food also interfere with these healthy vibrations, causing disorder and chaos internally. Environmental pollution, the molecular **energy** in your food and even the energy field created by your mental state can either help or harm your **blood flow** and brain cell health.

It’s documented that DNA repair can be activated using a frequency of 528 hertz⁷ (cycles per second).

You see, cells move toward friendly “growth signals” and away from “life-threatening vibrations.” 528 Hz is a friendly “growth signal.” This is the secret of Intelligent Design, your cells actually “perceive” what is good and what is bad, and then respond according to a built in intelligence⁸.

Much like a harmonic scale on the piano is pleasing to the ear, but the sound of fingernails scratching a chalkboard is offensive, there are good frequencies akin to a healthy heartbeat and unhealthy vibrations akin to rotting or putrid matter.

Another example would be the unique vibratory signal made by the vitamin C molecule compared to the deadly charge of a mercury molecule. Just as your autonomic nervous system can tell the difference between itself and a foreign invader like a virus, like how your eye picks up pleasant colors or warning colors from nature. It’s all vibratory.

That’s why heavy metals destroy healthy cells, triggering inflammation responses, changing **blood flow** and causing **migraine headaches**. It’s simple cause and effect.

Even the smallest change in vibration on the cellular level either helps or harms you. Since every cell contains information about your entire body, you can see how vital it is to surround yourself with natural “beneficial **energy** fields” starting with fresh water, full spectrum sunlight, fresh air and a variety of nutrient rich raw vegetables and fruits for optimal (migraine free) health.

Grandma's Tips

Warming the feet can help draw blood flow away from the head and relieve pain. While you toast your tootsies, chill a pair of thin cotton socks in ice water. After 10 minutes of soaking, put the cold socks on your feet (after squeezing out excess water). Cover with a pair of warm, woolen socks. The body will now start warming your feet, and in two or three hours, your head will hurt less.



As you already know, changes in **blood flow** within your brain cells are linked to **migraine pain**.

The more you learn about your body, mind and environment, the easier it is for you to see the connection between pollution, **deficiencies** and tension **headaches** isn't it?

Whether its nutrients, toxins or EM smog, it all plays an energetic role in the **migraine** epidemic.

We are all participating in a global

double-blind placebo experiment; I say double-blind because you didn't even know you're in the experiment, did you? Cell phones, towers, cordless phones, satellites, broadcast antennas, military and aviation radar, TVs, computers, wireless Internet are all competing for "full coverage," while we're just waiting to see what it does to us.

Actually, we already know what it does to us, never mind the long-term cancer effects, there are plenty of other problems that show up first:

- Neurological
- **Reproductive**
- Cardiac problems
- **Severe headaches**
- Sleep disturbances
- **Memory loss**
- Learning disabilities
- **ADD**
- Infertility

Your **migraines** could be one of many warning signals caused from EM smog.

When cancer does show up, it's usually brain tumors, leukemia and lymphoma. In fact, in depth studies done by Leif Salford, Lund University, Sweden, reported microwave radiation (915 MHz) penetrates and damages the blood-brain barrier. For your information, 900MHz range wavelengths have the size of a body part. For example, a one-foot wave is about the size

of a child's head and as the radiation is absorbed in the child's head it intensifies the biological effect, especially because children's skulls are so thin.

Again, **migraines** are a symptom, so it's important you discover whatever the root cause is and deal with it accordingly. Ignoring the cause of your **migraine pain** can lead to what I call "the boiled frog syndrome."

You can't throw a frog in boiling water. But, if you gradually heat the water, by the time it gets too hot, it's too late. The moral of the story is don't ignore what your body is trying to tell you.

Don't be afraid to ask, "Why am I in **pain**, why am I suffering such torment?"

Take responsibility for giving up the things that cause imbalance and the natural order of things will return. Healing is actually a restoration of knowledge.

Now let me review what we've considered today with 7 keys to living **migraine** free:

- Hydration
- Full spectrum light
- Minerals and nutrients
- Clean air
- No electromagnetic smog
- Stress free attitude
- Desire for a different future

Bottom line is your body is a filter of water, air and **energy**.

The energy created by your thoughts, food and your environment constantly affect your atoms, molecules and cells. Your **migraines** are most likely triggered from too much or too little of something. If it's a **deficiency**, fill the need. If it's from something in excess or a toxin, eliminate it or shield yourself from it.

The shortest path to healing is to decrease the cause of your **migraine pain**, not to cover it up with drugs and chemicals. The longer you're in a balance state the easier you can heal and it may take some effort to find what caused the pain.

But it's your responsibility to constantly remind your **energy** body^{8,9} of its ability to heal. That is what total spontaneous healing is all about.

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Weight **LOSS** Corner

7 Tips For Cleansing and Weight Loss

By Roger Asmus

Most people think of bowel **cleansing** when they hear the term cleansing, but it means a lot more than that. Below are seven little-known facts about **cleansing** and **weight loss** and how they can help with **headaches** or **migraines**.

1. According to some natural health experts, most people carry excess undigested fecal matter in their **colon**. The sooner they begin to eliminate it, the better they feel. And when it comes to **weight loss**, the weight lost through the elimination of fecal matter is weight permanently lost.
2. Each organ that eliminates waste in the body, can be cleansed. The primary organs that **detoxify** the body are the skin, **colon**, liver, kidneys, blood and lymphatics. Body wrap experts report that when **cleansing formulas** for the liver are started a few days before the body wrap, the inches lost increases at least 20%.
3. **Cleansing formulas** often contain herbs and supplements that support the organ that's being cleansed. Some formulas add herbs or supplements that may contribute to **weight loss**, such as **berberine** and green tea.
4. Our body accumulates chemicals, pesticides, heavy metals or other poisons in fat cells throughout the body. It's believed that the greater the accumulation of these toxins in the body, the harder it is for the fat cell to break down. That's one reason why it's difficult to lose weight.
5. **Cleansing formulas** may also contain herbal blends to improve the function of the kidneys, GI tract, gall bladder and liver. This can indirectly assist in **weight loss** by creating a more healthy system overall.



6. **Cleansing** always requires drinking more water than what is usually drank during the day. Experts recommend as little as 1 ounce for every 2 pounds of body weight and as much as 1 ounce for every 1 pound body weight.

7. When **cleansing**, it's important to start **detoxifying** the skin or **colon** before any other organ, even though liver cleanses may facilitate greater **weight loss**.

This is because toxins released from the liver will have no open route to leave the body. They end up getting re-circulated throughout the body, causing **headaches** or **migraines**, joint aches and pains, fatigue and skin breakouts. Always cleanse the skin or **colon** first!

Marcia Cross: Migraines No More

CELEBRITY HEALTH WATCH

Marcia Cross isn't as desperate as she used to be. Though recognizable as Bree Van De Kamp on “**Desperate Housewives**,” her desperation has come to an end — her **migraines** have nearly ceased.

Marcia began having migraines when she was in highschool, but was finally diagnosed in college following horrible head pain, blurred vision, tingling fingers and difficulty completing tasks such as remembering phone numbers.

Years later she found out there were prescription medications available to treat migraines, but had already started keeping a food journal to track **migraine triggers**.

As a result of Marcia's due diligence to map the foods that fuel a **migraine**, she is able to level their attacks to only 3 or 4 times a year. Following an **elimination diet**, Marcia was able to clearly identify the foods that **trigger** her **migraine** episodes:

- Red wine
- Chocolate
- Cheddar cheese
- Oranges
- Alcohol

In addition, changing her lifestyle to watch stress and being willing to sit in a dark room to until pain passes as an abortive measure, has Marcia transformed from a painful journey to one that marks quality of life – without **migraines**.

Marcia hikes, let's stress “go” and keeps things in perspective to manage without **migraines**. **Marcia Cross** doesn't sound **desperate** at all!



Anti-Aging Care



Too Much TV and PCs May Mean Earlier Death

By David Kekich

Watching too much **television** or too much time in front of your computer screen might take years off your life.

The more time you spend watching **TV**, the greater your risk of **dying** at an earlier age, especially from **heart disease**, researchers found. The study followed 8,800 adults with no history of heart disease for more than six years. Compared to those who watched less than two hours of TV per day, people who watched four hours or more were 80 percent more likely to die from **heart disease** and 46 percent more likely to die from any cause.

The real life shortener appears to be that sitting is the “default position” for **TV** and computer monitor viewing.

Exercise doesn't necessarily make up for long sessions in front of the tube.

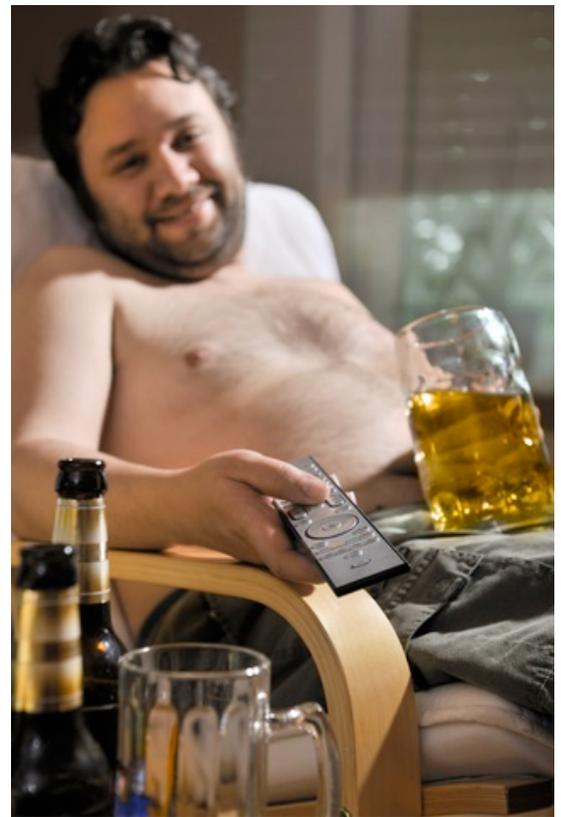
Snacking is unlikely to explain the increased risk of death observed in the study.

Exercise is important for health, but avoiding prolonged periods of sitting is nearly as important.

Sitting Position Harmful for Health

Television isn't lethal in and of itself; the real problem appears to be that sitting is the “default position” for TV viewing. Prolonged watching a screen equals a lot of sitting, which invariably means there's an absence of muscle movement. If your muscles stay inactive for too long, it can disrupt your metabolism.

When they compared groups of adults who exercised the same amount but watched varying amounts of **TV**, those who watched more **TV** were still at a higher risk of **dying** during the



study.

You can be active and also watch high amounts of **television**. Television isn't necessarily replacing our **exercise** time, but it is replacing everyday, "non-sweaty" movements as basic as standing and walking from room to room. The positive health effects of these seemingly negligible activities are underestimated. Modern technology has virtually engineered a lot of incidental, non-sweaty activity out of our lives.

Reading or doing homework doesn't seem to be associated with risk factors as much as **television** viewing time.

Technology has made people more sedentary in general. More and more of us sit at desks, glued to computer screens. Instead of walking down the hall to speak with co-workers, we email them.

Commercials Are Made For Walking

Nobody says you have to sit in front of a computer. Get a few books to prop up your monitor and stand up. Stand while talking on the phone. Take meetings while you're walking — anything to get more activity during the day. Even watching **TV** provides opportunities to move around, Dunstan says. Commercial breaks are built-in excuses to stand up and stretch your legs for a minute or two.

The bottom line? **Exercise** is important for health, but avoiding prolonged periods of sitting is nearly as important to avoid **heart disease** and **dying**. Just get up and move about during the day. The more you move, the greater the health benefits are likely to be.

Product Reviews



Product Recommendation: MiGone Plus™

Promotes calm & discourages common nervous migraine tension for clear-headed comfort

In naturopathic medicine, **headache pain** and **migraines** are seen as “toxic” and a signal from the body that there is an imbalance in organ functioning. **MiGone Plus™** maintains healthy circulation, reduces the effects of stress and helps to keep all body systems in good shape.

MiGone Plus™ contains **FeverFew**, proven to be a special benefit in the treatment of **migraines** and headaches through supporting the nervous system, preventing inflammation and spasms. The **milk thistle** in MiGone Plus™ is an excellent liver and blood cleanser and purifier, with anti-oxidant properties. **Passionfew**, also found in MiGone Plus™ is traditionally known to be nature’s help for frazzled nerves.



This formula works fast to relieve migraine **headache pain** with-out aspirin, caffeine or sedatives.

Just 100% non-drowsy **natural migraine relief**.

Known to affect **migraine** frequency and intensity, **MiGone Plus™** empowers migraine sufferers to eliminate **headache pain** and **migraine tension** with **natural relief** and alternative care.

Achieve a natural balance with MiGone Plus and support your overall health, sooth common **migraine tension** and balance mood and attitude.

[Click Here To Order Your Natural Relief Tonic For Migraines from www.NativeRemedies.com!](http://www.NativeRemedies.com)

Product Reviews



Magnesium Supplement Review

Magnesium is needed for proper metabolism and nervous system functioning. Most are able to obtain sufficient amounts of magnesium from diet, but a **magnesium deficiency** may lead to elevated blood pressure and increased risk of osteoporosis. The **magnesium** mineral can reduce blood vessel spasms and relax muscles, which may assist in preventing **migraines**. A British Columbia Research study published in *Cephalalgia* showed that patients who took a **magnesium supplement** (600/mg a day) for 12 weeks had significantly fewer **migraines** within 9 weeks.

If you are on diuretic medications or if you suffer from the following conditions, then you may be low in magnesium:

- Alcoholism
- Diabetes
- Digestive Disorders (Crohn's, Celiac)

Magnesium deficiency leads to:

- Irritability
- Muscle weakness
- Irregular heartbeat

Regular use of **magnesium** can:

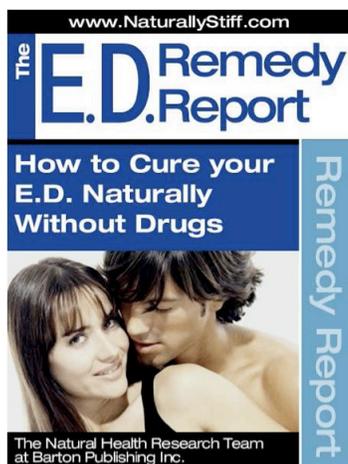
- Reduce hearing loss from loud conditions
- Ease menstrual pain and PMS
- Prevent **migraine** headaches
- Act as a laxative and antacid

Magnesium comes in a variety of chemical forms, including magnesium oxide, magnesium gluconate, and magnesium citrate. These **supplements** were tested by an independent lab company for accurate labeled dosages, purity of the magnesium concentrate, absorption and side effects.

THESE MAGNESIUM SUPPLEMENTS ARE NOT SAFE...

Please visit www.HomeCuresThatWork.com to sign-in or subscribe to read the rest of the article.





Free Remedy Report: E.D.

Entirely Disastrous. The effects of Erectile Dysfunction cripple the emotions and performance of many men. Breakthrough new method gives any guy stiff and powerful erections – simply, naturally and without drugs. Before popping that “magic blue pill” pick up the performance power - pure and simple from the Erectile Dysfunction Report.

Download your free copy today by visiting www.HomeCuresThatWork.com to sign-in or subscribe.

Home Cures That Work Author/Contributor Bios

Dr. Scott D. Saunders, MD (Contributor) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at:



<http://www.youtube.com/user/naturalEdoctor01>

Grandma Barton (*Grandma's Cure Corner*) is grandmother to Joe Barton, founder of Barton Publishing and Home Cures That Work. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



David Randall (*Healthy Recipes & Eating Ideas*), diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



Martin Jacobse (*Big Pharma Corporate Arm*) was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.



Steve Hickey (*Spiritual Dimensions of Wellness*) is the founding pastor of a life-giving church



with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (www.MomentumHandbook.com). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request, visit:

www.ChurchAtTheGate.com/prayer.php

David Kekich (*Living Healthy to 120: Anti-Aging Breakthroughs*) is President/CEO of



Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit:

www.MaxLife.org David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs.

Roger Asmus (*Weight Loss Corner*) entered a fitness competition and won the Mr. Teenage



Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.