

Please Note

- The following information is not part of the Texas Migraine Clinic Advanced Treatment System.
- The quick relief methods on this page are meant to hold you until you decide to have Advanced Treatment, and do not act as a substitute.
- These methods cannot give you the results of the Advanced Treatment System because the Advanced Treatment System was designed for permanent relief - not just quick relief.



Natural Fast Lasting
Texas Migraine Clinic

1 (210) - 402 - 2920
info@drturnertx.com
texasmigraineclinic.com

The 3-Minute Quick Headache Relief Technique

SLEEPING



Lie on your sides only and with your head down. How far down? Slowly drop your head down progressively **until you notice relief of tightness** in the **lowest symptom down** in your shoulder blades. If there's no tightness there, then choose the symptom **farthest out** in your upper shoulders.

Nerves in your head and face should calm down in parallel with your shoulder blade/ upper shoulder tightness after about 7 minutes. Placing ice (or a cold pack) at the base of your skull while in this position is ideal, as well as staying like this for 15 minutes. Sleep as much of the night as possible with your head/neck in this position, if you feel relief.

Important: **Totally avoid sleeping on your stomach!** Strive to sleep only on your sides, as you won't be compressing any nerves when on your sides. Realize that if you lie on your back, you smash very sensitive headache nerves at the base of your skull.

SITTING



While looking straight ahead, sit slumped enough (bottom slid forward in your chair) that you notice relief of tightness in the **lowest symptom** down in your shoulder blades or upper shoulders. As with Tip #1 (above), nerves in your head and face should calm down in parallel with your shoulder blade/upper shoulder tightness within 7 minutes or so.

Many sit like this as much as possible before their evaluation. Once you undergo evaluation, then we can quickly work you out of this awkward posture by fixing pinched nerves in your neck that get smashed when you sit up straight.

NOTE: If you notice low back or buttock/hip/leg pain while sitting slumped like this, **place a small pillow in your low back for support.**

- **Minimize long car trips, walking, and “bouncy” exercise** so that your head/neck nerves will calm down faster, in preparation for your evaluation.
- The more you **lie down** (sofa, bed, etc.), even if just 15 minutes at a time, the less inflamed your head/neck nerves will be. Aim for 7 ½ hours sleep time at night, which also calms your nerves, both for immediate relief and a faster outcome once you have your neck evaluation.
- Take **ginger root** to act as a natural triptan in conjunction to these methods.



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