

I can remember when my Mother first came to me, suffering from migraine headaches. For about 18 years it lasted, 5-7 times a month was the average number of episodes that she had these terrible migraine headaches, and it always seemed to come about right before a big thunder storm. I wanted to help her so much, and as a child I could never understand why she suffered from these, and how come everyone else did not experience these nasty headaches.

The truth is, many people suffer from headaches all throughout their month, and sometimes daily, but why? Have you wondered why you are the one possibly, who continues to experience all these terrible headaches, and not some other odd fellow or peculiar lady?

It does not seem fair at all, does it? Why is all this happening to you? All the unnecessary pain you have to deal with, and once you get through that excruciating headache barley, many other migraines are scheduled to see you in the near future. It is sad but it is true, and this will continue to happen to an individual whenever the problem is left uncorrected!

Do you know someone who experiences terrible headaches? If so, tell them to become a fan of ours. We even have a free headache workshop coming up in the near future!

