
MIGRAINES & PAIN

How can Neurofeedback help?

Migraineurs are often highly responsible, self-sacrificing people with a lot of people depending on them. They are typically bad at relaxation and tend to have cold hands. We know that migraines tend to run in families. Sometimes a concussion can cause migraine.

Stress, diet, menstruation, and other factors can start a migraine or make it worse.

Migraine pain is caused by swollen blood vessels inside the brain pressing against nerves.

You can think of migraines as the brain getting stuck in swollen mode. Neural over-activation takes the form of neural vasodilation. The self-regulation counter-balance to turn off the faucet is impaired. Biofeedback training enhances self-regulation and strengthens the capacity to moderate blood flow within the brain.

Biofeedback is highly effective in preventing migraine. We consistently see reductions in frequency, duration, pain intensity, and severity—meaning how they limit your life. Some people come in with a migraine and then report that it is gone at the end of a Neurotherapy session, which they report “never happens that fast.” But everyone is different, and results don’t always happen in the same time frame for everyone. I can tell you that biofeedback won’t hurt you or make anything worse.

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