Painful migraines disrupt lives. Now, research links migraines to brain damage and addiction to prescription painkillers. Recognizing that it’s no longer enough simply to treat migraines, a growing number of health care practitioners are incorporating prevention strategies into migraine sufferers’ treatment plans. Here is an overview of the new risks and the therapies aimed at reducing them.

What Causes Migraines?

A migraine is a headache caused by enlargement of blood vessels in the brain. When these blood vessels become enlarged, they release substances that can cause inflammation and pain, and enlarge the artery to an even greater extent. It is the increase in the size of the arteries that creates intense pain.

Migraine sufferers report that their attacks can be triggered by factors such as changes in the weather, stress, and hormonal changes.

Studies show that people who suffer from migraine headaches often have lower-than-normal levels of magnesium, vitamin B2 (riboflavin), and coenzyme Q10. This disrupts energy levels in the brain and causes cramping and inflammation that can trigger painful migraine headaches.

New Risks

In addition to causing intense pain and disrupting people’s lives, migraines may also affect long-term health. A study reported in JAMA (the Journal of the American Medical Association) found that women who suffer migraines accompanied by auras have double the risk of brain damage later in life.

Looking To Prescription Medications For Relief

A wide array of prescription medications are used to treat migraines. According to the Mayo Clinic, for many people with migraine attacks, triptans are the drug of choice. They are effective in relieving the pain, nausea, and sensitivity to continued
light and sound that are associated with migraines.

Medications include sumatriptan (Imitrex), rizatriptan (Maxalt), almotriptan (Axert), naratriptan (Amerge), zolmitriptan (Zomig), frovatriptan (Frova) and eletriptan (Relpax). Side effects of triptans include nausea, dizziness and muscle weakness. They aren’t recommended for people at risk for strokes and heart attacks. Other drugs used to treat migraines include antidepressants, antiseizure drugs like Topamax, and even Botox.

Despite the fact that these drugs are widely prescribed and considered “Tier 1” migraine treatments by physicians, 10-25% of chronic migraine patients taking them experience no relief. Plus, many patients simply can’t tolerate the medications. The drugs also come with some very serious side effects.

Many doctors also prescribe painkillers — a practice that is raising concerns about the risk of addiction. How big is the problem? An article published in More magazine quotes Joel Saper, MD, director of the Michigan Headache and Neurological Institute (MHNI) as saying the problem is “epidemic.” The same article quotes another expert, Dr. Richard Lipton, director of the Montefiore Headache Center in New York City, as saying that “patients essentially trade debilitating sedation for debilitating pain.”

Since painkillers don’t address the causes of migraines, they can leave patients dependent on the drugs for decades.

The Importance Of Prevention

Given the side effects of drugs, the risk of addiction, and concerns over brain damage, migraine prevention is becoming a priority for patients and health care practitioners alike. In fact, the International Headache Society (IHS) recommends a prevention strategy be offered to patients who suffer from two or more migraines per month. What do these prevention strategies look like?

Prevention strategies can include everything from lifestyle changes to relaxation therapies. But the most effective prevention has come in the field of alternative therapies using dietary supplements.

Here is a quick summary of the best-researched and most effective alternative therapies.

**BUTTERBUR ROOT**

Butterbur is an herb (petasites hybridus) with anti-inflammatory, pain-relieving and muscle relaxing properties. It has been shown to help maintain proper muscle tone and blood flow in cerebral blood vessels. Only Petadolex® brand butterbur is used in medical research because only
Petadolex® is manufactured using a patented process that purifies the herb and removes the liver toxins that naturally occur in the butterbur root.

In rigorously controlled trials conducted at multiple headache treatment centers, 71% of study subjects reported having at least 50% fewer migraines while using Petadolex®. Other than mild burping, there are no side effects associated with Petadolex® brand butterbur.

**Petadolex® Multi-center, Placebo-controlled, Double-blind Study With 245 Patients In Accordance With The International Headache Society (IHS) Criteria**

![Graph showing therapy response and differences at measurement times]

Studies of magnesium and migraines suggest its effectiveness may relate to ionized magnesium levels and it appears that prolonged high-dose supplementation for a minimum of 3 to 4 months may be required to achieve benefits from using magnesium as part of a preventive strategy.

Adverse events reported during the studies have been mainly gastrointestinal (e.g., diarrhea). There has been no evidence of any short- or long-term safety issues for taking magnesium, although magnesium should not be used by people with serious kidney disease.

**VITAMIN B2**

Migraine patients often have low levels of vitamin B2 (also known as riboflavin). Water-soluble vitamin B2 is needed to support electron transport and all energy-related cellular functions, and has the ability to increase the energy metabolism of brain cells. As a coenzyme, vitamin B2 also plays a key role in carbohydrate, fat and energy metabolism.

Several studies have shown favorable results in using vitamin B2 as part of migraine intervention. There is no known long-term toxicity from supplementation. Extremely low instances of diarrhea and frequent urination have been noted. A harmless side effect of vitamin B2 is that it will give urine a fluorescent yellow color.
COENZYME Q10

In some individuals, migraines may result from mitochondrial impairment. The mitochondria give cells power, and coenzyme Q10, also known as CoQ10, is an “energy enhancer” produced in the cells to promote electron-proton transfer in the mitochondria. A sufficiently high concentration of coenzyme Q10 is needed to activate energy metabolism in migraine patients.

CoQ10’s effect on migraines has not been studied to the extent of other natural substances (such as magnesium), but the research that has been conducted associates the use of CoQ10 over four months with a reduction in the frequency of migraine attacks.

Widely used as a supplement for many years, side effects of using CoQ10 occur at a low rate and include mainly gastrointestinal disturbances.

BIOFLAVONOIDS

Key vitamins, minerals, and trace elements support both brain function plus overall health and immunity. Bioflavonoids are especially important. These naturally occurring plant compounds have powerful antioxidant properties and have been shown to fight DNA damage, cancer, the effects of aging, and to support the circulatory system by increasing capillary strength.

FEVERFEW

Feverfew is an herb that contains parthenolides – substances that may have anti-serotonin effects and inhibit inflammation. Findings on feverfew have shown some evidence for relying on it as a front-line migraine prophylactic, but the research is not as strong as that for butterbur. In addition, use of feverfew is accompanied by side effects that can include joint aches, gastrointestinal disturbances and mouth ulcers.

MELATONIN

Melatonin is a hormone associated with sleep and circadian rhythms. A few studies have found associations between lower levels of melatonin in people who suffer acute migraine attacks. However, the randomized, controlled treatment trials needed to establish such a link have not as of now been conducted.

Supplements As Mainstream Treatments

With prevention a top priority, more and more U.S. doctors are including supplements as part of their migraine therapy recommendations. This has been the case in Europe for decades, with neurologists prescribing natural dietary supplements just as they prescribe triptans and other “Tier 1” migraine drugs. The widespread use and long-term safety and effectiveness of some supplements – notably Petadolex® and Dolovent™ (a clinical-strength blend of magnesium, B2 and CoQ10) – have earned these alternative therapies a place in mainstream migraine treatment.
What Do Doctors Look For In Supplements? 

It’s well known that there can be wide variations in the formulations and manufacturing processes used in making supplements. For this reason, before recommending supplements as part of a migraine treatment-prevention strategy, doctors must be sure those supplements meet rigorous criteria.

Here is what they consider:

• **Evidence-based effectiveness.** The effectiveness of the supplement must be documented by solid research through trials constructed in the same way as trials required for prescription drugs seeking FDA approval.

• **Formulation.** The supplement must contain consistent, pure, and clinical-strength levels of the active ingredients. The formulation must also guarantee that all naturally occurring toxins have been removed, and no hidden allergens are included.

• **High tolerability.** Patients must be able to take the supplements without experiencing serious side effects.

• **Safety.** The supplements must have been used by many patients over a substantial period of time without any adverse effects or interaction with other drugs.

What Supplements Do Doctors Prefer? 

By and large, the two supplements doctors feel most confident prescribing are Petadolex® brand butterbur and the Dolovent™ blend of magnesium, B2 and CoQ10. These products have been on the market for years in Europe and the U.S., and meet all of the criteria listed above.

In fact, Dr. Robert Alan Bonakdar, Director of Pain Management for the Scripps Center for Integrative Medicine says he started using Petadolex® because it was a natural migraine prophylactic that was “backed by the research, efficacy and standardized formulation to be considered as a Tier 1 option like well-established prescription migraine drugs.” For years he has prescribed Petadolex® brand butterbur because “it is clinically proven to provide significant relief to migraine patients.”

**Petadolex®**

Available without prescription, Petadolex® is the world’s safest, purest and best-researched source of butterbur. The gelcaps contain a natural, non-prescription herbal dietary supplement manufactured through a patented purification and toxin-elimination process that makes Petadolex® the only butterbur product used in migraine research and scientific studies.

In addition to medical research, Petadolex® has been cited as effective by Prevention magazine, WEBMD, the Berkeley Wellness Letter, and other sources. It is available in 75mg and 50mg strengths and has been shown safe for use by children as young as eight years old.
Dolovent™
Available without prescription, Dolovent™ provides clinical levels of the exact “brain nutrients” proven to support brain energy metabolism all in one pure, consistent formulation. It contains magnesium, riboflavin (vitamin B2), CoQ10, and bioflavonoids targeted at minimizing inflammation and maintaining brain health. It is considered safe for use by children as young as eight years old.

Putting Your Own Migraine Prevention Plan Into Action

1. **Consult with your health care provider.** If you haven’t already seen a doctor about your migraines, it is important to do so to make sure that there is no serious medical problem causing your headaches.

2. **Choose a preventive supplement.** Doctors, for example, sometimes recommend both Petadolex® and Dolovent™. You may prefer to choose one and see how it performs for you. Your doctor may have samples, or you can order directly by phone or from the websites.

3. **Keep a diary.** Get a baseline on when migraines occur and how severe they are. Note when you begin taking your supplements.

4. **Stick with the supplement for several months.** Taking the supplements consistently over a period of time has been shown to have the greatest impact on reducing the frequency and severity of migraines.

SPECIAL SAVINGS
For Readers Of This Report

Order now and take $25 OFF your first order of Petadolex®
(Petadolex® Coupon Code 25COUPNLPETA)
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(Dolovent™ Coupon Code 20COUPNLDOLO)
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