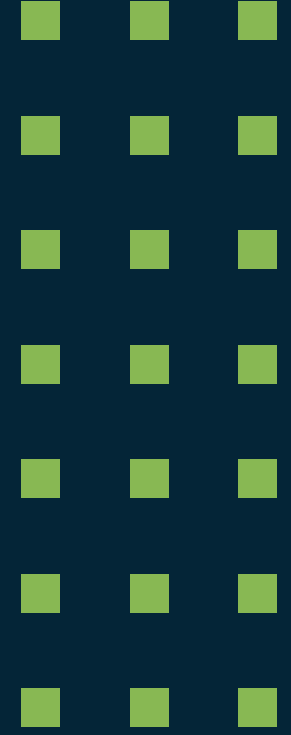


Migraine
Secrets:
Chapter 1



UNDERSTANDING MIGRAINE & THE VAGUS NERVE



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MIGRAINE

Migraines are a neurological conditions characterized by intense, throbbing headaches often accompanied by sensitivity to light and sound, nausea, and visual disturbances and sometimes other rare neurological symptoms.

As you probably know, they can be debilitating and significantly impact your daily life.



MIGRAINE

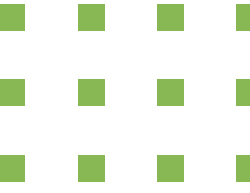
There are many different types of Migraine. It can be frustrating trying to find answers when you feel like you keep getting different answers.

In my experience most people can have multiple types that affect them.

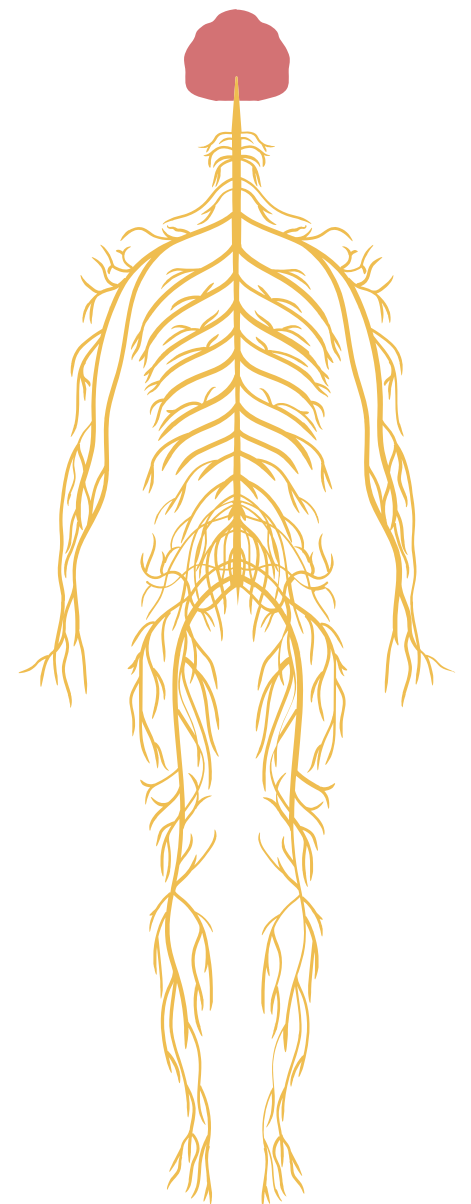
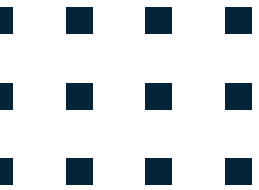
Here are some:

Sinus, Hemiplegic, Abdominal, Hormonal, Ocular (AKA Ophthalmic or Retinal), Migraine with Aura, Status Migrainosus, Vestibular, Silent, Migraine with Brainstem Aura

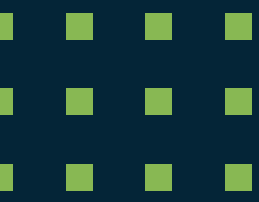




The Vagus Nerve, a major component of the autonomic nervous system, plays a crucial role in regulating various bodily functions, including heart rate, digestion, and inflammation. It's also involved in the body's stress response.

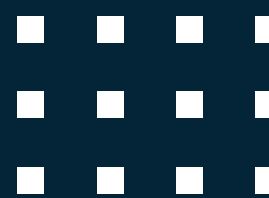


THE VAGUS NERVE



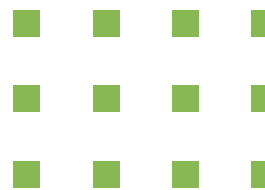
THE VAGUS NERVE

The Vagus nerve, also known as Cranial Nerve X or the pneumogastric nerve, has also been found to be linked heavily to the function of our autonomic nervous system.



Your autonomic nervous system is most commonly known for your fight or flight response, as well as the rest and digest response. This is through activation of your Sympathetic and Parasympathetic pathways.

The vagus nerve is the longest cranial nerve in our body and runs from your brain stem at the base of your skull, all the way to your colon.



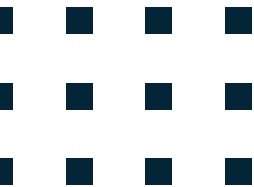
Its sensory functions are divided into two categories. Somatic components and visceral components.

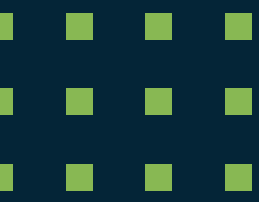
Somatic components are sensations that we feel in our skin and muscle, whereas visceral components are sensations felt in the organs of our bodies.

For example, migraines fall under the category of somatic components that are controlled by the vagus nerve. If you have ever heard of the Gut-Brain Axis, that is exactly what we are talking about here.

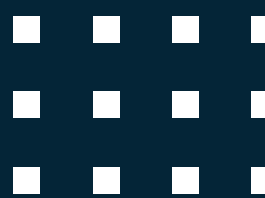


THE VAGUS NERVE



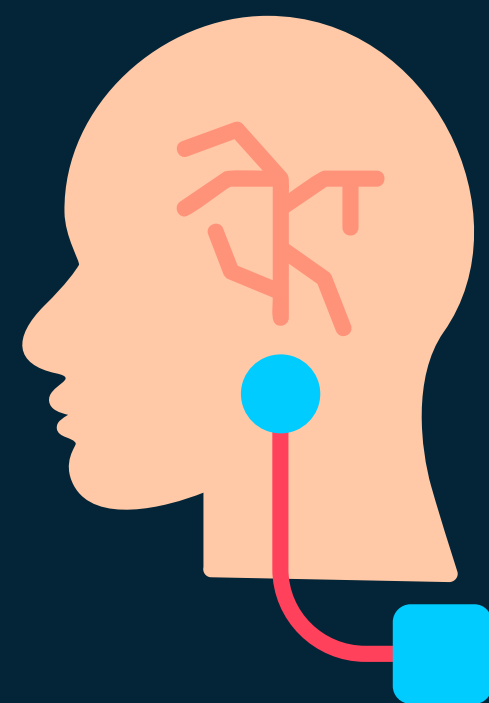


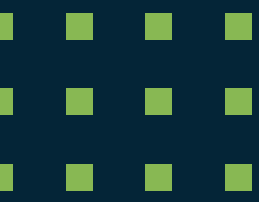
THE LINK BETWEEN MIGRAINE & THE VAGUS NERVE



If you live with some type of chronic Migraine, it should be considered that your vagus nerve function and health of your nervous system could be a potential root cause of your migraines and needs to be tested.

There are several ways that you or your doctor can test for this.



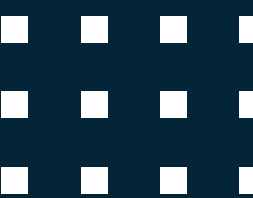


In my clinic, we always start with Functional Nervous System Testing.

In my opinion, it is the most state-of-the-art way to determine the health and function of your nervous system, and you've probably never had it done.

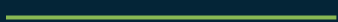
It is a completely noninvasive test and can be done on adults and kids

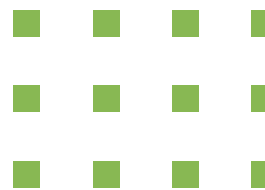
(you can learn more about this on my TikTok page @themigrainedoc).



Another way is to check the gag reflex. You can do this by inserting a cotton swab into the back of your throat. If a person does not gag, this may indicate a problem with their vagus nerve function

(and not just something you brag about).

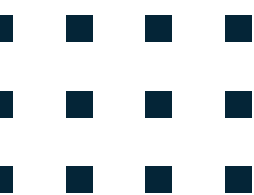




I also look at whether a patient who is complaining of chronic migraines is also exhibiting other issues such as difficulty swallowing or speaking, change in voice, low blood pressure, an abnormally high or low pulse, an onset of gastrointestinal issues, or even feelings of anxiety and/or depression.

All of these things clue us (doctors) into whether the vagus nerve could be the main migraine culprit.

We can also look at what we call Heart Rate Variability (HRV), which allows us to see how well your nervous system can control the function of your heart through different stimulus. This gives us a score and can tell us even more about what is going on internally that we may not be able to see on other tests yet.



Now, you may wonder what can be done if it is decided that the vagus nerve is causing your migraine attacks.

Our goal is to empower you with more information and tools to give you hope that something can finally change.

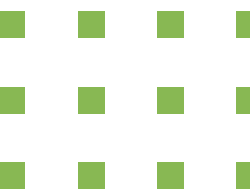
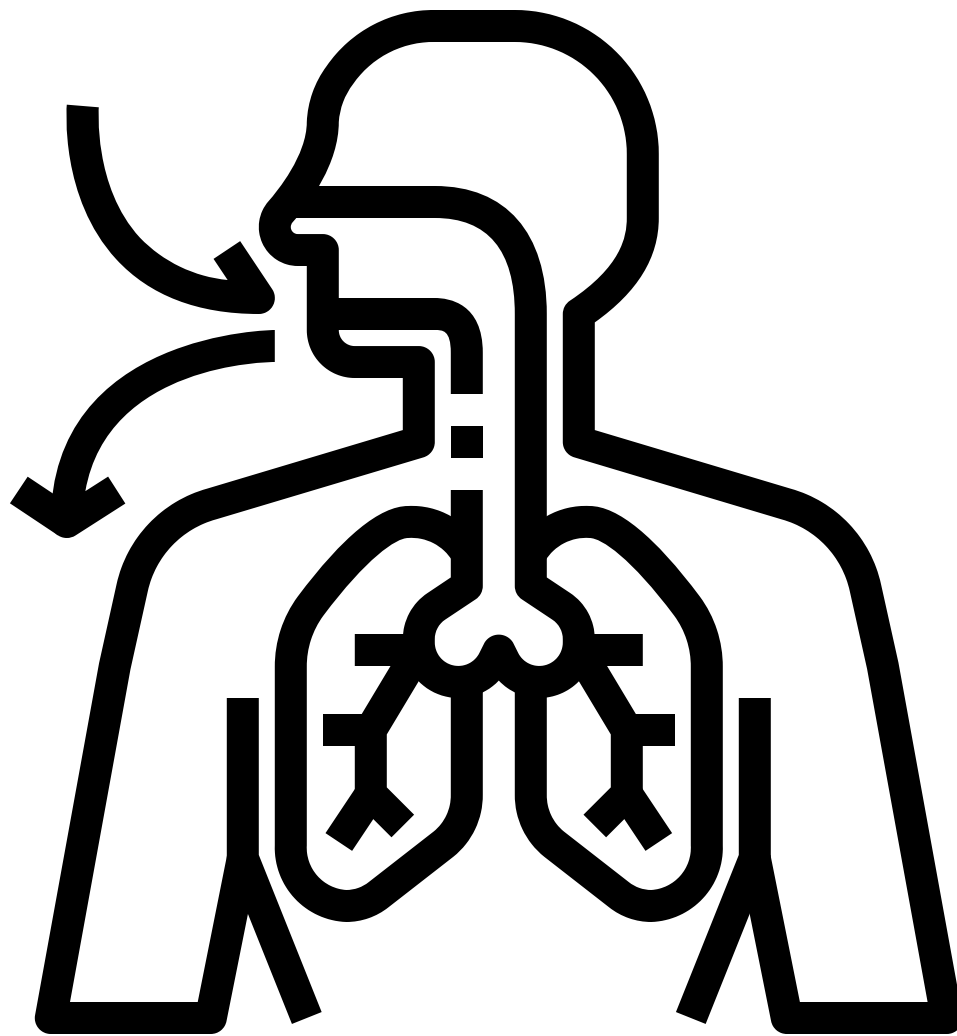
You can utilize almost everything I am going to cover in the rest of our free guides or you can gain access to all of it through the Migraine Secrets book.

**HOW DO WE WORK
TO FIX THIS?**



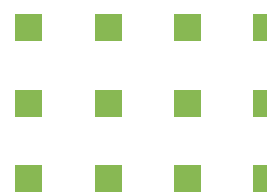
TRY THIS OUT

Here is a Vagus Nerve Exercise that you can start to use every single day to improve the health of your nervous system.



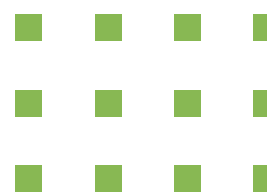


- **Find a Comfortable Position:** Sit or lie down in a comfortable position. Place your hands on your lap or gently rest them on your knees.
- **Straighten Your Posture:** Straighten your back and relax your shoulders. Allow your body to be in a position that promotes easy breathing.
- **Close Your Eyes:** Close your eyes to minimize distractions and help you focus inward.
- **Take a Deep Breath In:** Inhale slowly and deeply through your nose. Feel your lungs fill with air, and let your abdomen expand.



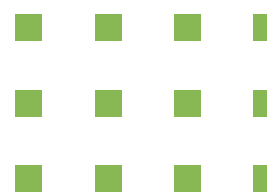


- **Hold Your Breath:** Hold your breath for a moment, but without creating tension. Just a gentle pause.
- **Exhale Slowly:** Exhale slowly and completely through your mouth. Feel the release of tension as you breathe out.
- **Pause Again:** Pause for a moment before taking the next breath. Allow your body to settle.
- **Repeat:** Repeat this process for several breath cycles. Inhale deeply, hold, exhale slowly, and pause. Focus on the rhythm of your breath.





- **Mindful Awareness:** As you continue, bring your awareness to your breath. Notice the sensation of the air entering and leaving your body.
- **Gradual Lengthening:** Gradually increase the length of your exhales. Make your exhales longer than your inhales to promote relaxation.
- **Release Tension:** With each exhale, imagine releasing tension and stress from your body. Visualize it leaving with each breath.

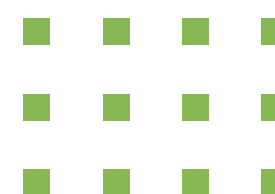




- **Stay Present:** If your mind wanders, gently bring your focus back to your breath. Be present in the sensations of breathing.
- **End Gradually:** When you're ready to finish, take a few more deep breaths and open your eyes. Notice how you feel.

This breathing exercise can be done anytime you feel the need to calm your nervous system.

It's a simple yet effective way to bring relaxation and mindfulness into your routine.



BUT NOTHING EVER WORKS FOR ME

If you currently feel like you have already tried almost everything and nothing has ever worked for very long for you, then i highly recommend that you reach out directly and we will set up a time to talk and work to find a better plan for you.

Email me at brandon@thespecific.com
Subject line: I Need Migraine Help

