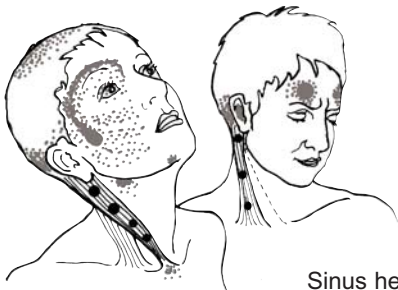


**NEW!** Migraines don't just come from the brain, they come from the rest of the body too. Many migraine and sinus headaches start in the neck, shoulders and back. They can even come from feet and legs.

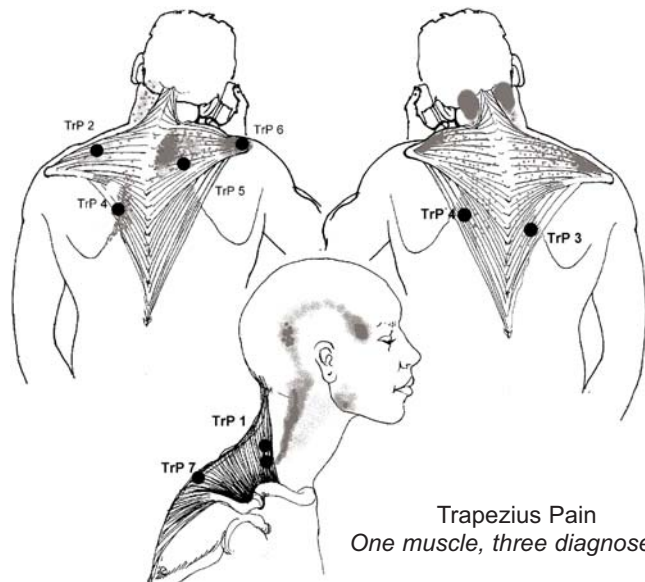
Migraines and muscle tension headaches have long been thought to be separate conditions. This has been disproven by elimination of migraines by Botox injections and by discovery of a direct muscular connection between the neck and the *dura*, the tough tissue surrounding brain and spinal cord.

By itself, the sternocleidomastoid (SCM) muscle of the neck can cause severe frontal headache, sinus pain, and frightening neurological symptoms thanks to its direct link to two cranial nerves: the vagus (which connects to all organs including stomach and gut), and the spinal accessory. Both nerves are shared with SCM and the trapezius muscle of the back. Problems in one muscle can trigger problems in the other.

One part of the trapezius muscle causes pain often diagnosed as "tension headache." Another can produce the classic one-sided migraine pain complete with nausea and neurological symptoms. Another causes pain often diagnosed as "bursitis."



SCM Pain  
Sinus headache and nausea from the neck.



Trapezius Pain  
One muscle, three diagnoses.

## Contents

**Chapter 1: Introduction to Migraine Headaches** Historical overview, what migraine is and is not, common migraine myths, differential diagnosis, self evaluation and medical testing.

**Chapter 2: It's Just Tension!** On muscles and connective tissue behind the pain, the anatomical link between neck muscles and the brain, and recognizing and treating pain patterns.

**Chapter 3: It's Vascular!** The role of circulation in migraine, the link between migraines and thoracic outlet syndrome, cold feet, and a small congenital hole in the heart.

**Chapter 4: It's Neurological!** Nerves involved in migraine, their relationship with muscles and dilation of blood vessels. On sleep and depression, brain injury, and the new migraine model of cortical spreading depression and the blood-brain barrier.

**Chapter 5: It's Chemical!** All too often, "chemical imbalances in the brain" are actually imbalances of chemical nutrients, vitamins and minerals. On metabolic problems and why migraines may be triggered by your shampoo or hair straightener, orange juice or oil wells, the chemistry behind menstrual migraine and cramps, disrupted breathing patterns, depression and insomnia.

**Chapter 6: Triggers and Thresholds.** There's more to triggers than red wine, cheese, chocolate, and the tyramine-containing foods list. These may be factors, but migraines can also come from bones and joints. Consider the connection between TMJ, the bones of neck, cranium, hips, feet, and postural strain from furniture, musical instruments, and more. Consider also alcohol and tobacco, antacids and their resulting opportunistic infections, sleep disruptions, the neurology behind barometer headaches, and the fashion migraine from posture, clothing and accessories.

**Chapter 7: Getting Help.** Tools and equipment to help yourself, and if you've been told you need to get a grip, how to actually do that. Advice on finding and evaluating trained professionals. Here are things to consider and things to avoid and the reasons why. Find out how to get out of headache hell and back to life.

*Autographed by the author on request.*

295 pages. 6 x 9 in. Softbound. **\$24.95**

Shipping weight 1.2 pounds: US Priority Mail shipping \$6.00