

Miracles for Migraines

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By Andrea S. Kraft, Classical Homeopath

More than 29 million Americans suffer from migraine headaches every year. Many factors can trigger migraine attacks, such as a change in sleeping habits, medications, certain foods, and excessive noise. Stress and/or underlying depression can also be important trigger factors.

Well chosen homeopathic remedies, with the guidance of an experienced practitioner, can greatly reduce the frequency and severity of migraines. The following is just one example of how homeopathic remedies can help.

Becky, age 26, had a very high-powered and stressful job as a consultant that took her all over the globe. A self-described "type A personality," Becky was very aware of the pressure she placed on herself. The stress of work was overwhelming her, resulting in frequent and severe migraines.

Trips to the E.R.

For the past several years, Becky was experiencing migraines every two weeks. The intensity of her migraine symptoms grew to the point where over the past six months; she was visiting the emergency room once a month with severe dehydration from vomiting.

Becky's migraines came on suddenly. Within minutes, waves of nausea struck and she would begin vomiting. During these episodes, Becky couldn't keep anything down, not even water. She had tried pharmaceutical drugs aimed at reducing the frequency of migraines, but had discontinued them several months before our visit because they gave her no relief.

Looking for patterns

When homeopaths analyze a case, it is important to investigate patterns to

determine if there are any identifiable triggers. If, for example, she was getting migraines before or during her menstrual period, then we would consider a specific set of remedies. If her migraines seemed to be triggered by certain foods, that might lead us to other remedies. Becky did not attribute her migraines to food triggers or her hormonal cycle, however, but to stress.

Excitement, anger, fear, anxiety, and emotional events are known to be significant migraine triggers. Becky recognized that she did not handle stress well. Even back in elementary school, grades and achievement were so important to her that she became distressed if her output was not perfect. This fastidiousness in her school and work was a guiding factor toward the correct remedy.

Homeopaths also look at a person's general physical symptoms, such as tendencies toward being hot or cold, thirsty or thirst less, to help them find the appropriate remedy. Becky reported that she tended to be cold and thirsty. Wherever she went, her cardigan and water bottle went with her.

Miraculous healing

Taking all of Becky's symptom patterns into consideration, *Arsenicum* was the best remedy choice. I gave her one dose of *Arsenicum* and suggested we follow up in six weeks.

Becky arrived in my office six weeks later with a smile on her face. This was a good sign, and I hoped that instead of the expected three migraines and a possible visit to the emergency room, she was about to tell me that she had had maybe one or two incidents. Imagine my surprise when she told me she'd had

NO migraines in six weeks! NONE! I have witnessed the power of homeopathy hundreds of times before, but what a miracle this was to have such a dramatic shift with just one dose of the remedy.



Becky continued to be migraine free for the next eight months when she needed a repeat of the remedy. That was more than six months ago, and she is still going strong--no migraines and no hospital visits.

I hear about Becky through the people she refers to my practice. Her friends are very excited about homeopathy, and knowing Becky's story of healing, they are eager to get started themselves. My challenge with any referral is to educate that person about the individual nature of the process. They soon see for themselves, that remedies and healing processes vary according to the individual. And although the outcome may not always be as rapid as Becky's, their results with homeopathy are profound!

About The Author

Andrea Kraft works with adults and children in her homeopathic practice in Fairfax and Alexandria, Virginia. She is a graduate of the New England School of Homeopathy (NESH) with post graduate studies through the Teleosis School of Homeopathy.

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