Gurus Garden

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ABOUT MIGTRIM



More than 29.5 million Americans suffer from migraine, with women being affected three times more often than men. This vascular headache is most commonly experienced between the ages of 15 and 55, and 70% to 80% of sufferers have a family history of migraine. Migraine is often misdiagnosed as sinus headache or tension-type headache.

The pain of a migraine headache is often described as an intense pulsing or throbbing pain in one area of the head. It is often accompanied by extreme sensitivity to light and sound, nausea, and vomiting. Migraine is three times more common in women than in men. Some individuals can predict the onset of a migraine because it is

preceded by an "aura," visual disturbances that appear as flashing lights, zig-zag lines or a temporary loss of vision. People with migraine tend to have recurring attacks triggered by a lack of food or sleep, exposure to light or hormonal irregularities (only in women). Anxiety, stress, or relaxation after stress can also be triggers. For many years, scientists believed that migraines were linked to the dilation and constriction of blood vessels in the head. Investigators now believe that migraine is caused by inherited abnormalities in genes that control the activities of certain cell populations in the brain.

The pain of migraine occurs when excited brain cells trigger the trigeminal nerve to release chemicals that irritate and cause swelling of blood vessels on the surface of the brain. These swollen blood vessels send pain signals to the brainstem, an area of the brain that processes pain information. The pain of migraine is a "referred" pain that is typically felt around the eye or temple area. Pain can also occur in the face, sinus, and jaw or neck area. Once the attack is full-blown, many people will be sensitive to anything touching their head.

Migraine pain is often described as throbbing or pulsating pain that is intensified by routine physical activity, coughing, straining, or lowering the head. The headache is often so severe that it interferes with daily activity and may awaken the person. The attack is



debilitating, and migraine sufferers are often left feeling tired and weak once the headache has passed.

Tests such as the CT scan and MRI are useful to confirm the lack of organic causes for the headaches. There is currently no test to confirm the diagnosis of migraine.



A migraine typically begins in a specific area on one side of the head, then spreads and builds in intensity over 1 to 2 hours and then gradually subsides. It can last up to 24 hours, and in some cases, several days.

There may be accompanying symptoms such as nausea, vomiting, sensitivity to light (photophobia), or sensitivity to sound (phonophobia). Hands and feet may feel

cold and sweaty and unusual odors may be intolerable.

Migraine characteristics include:

- Pain typically on one side of the head
- Pain has a pulsating or throbbing quality
- Moderate to intense pain affecting daily activities
- Nausea or vomiting
- Sensitivity to light and sound
- Attacks last four to 72 hours, sometimes longer
- Visual disturbances or aura
- Exertion such as climbing stairs makes headache worse

MIGTRIM - TRADITIONAL INDICATIONS

- 1. Migraine
- 2. Status migrainous
- 3. Cluster headache



How it works:

The anti-migraine principles in its ingredients are absorbed through the scalp. These principles prevent precipitation of migraine. The vascular active byproducts of migraine can't precipitate it as they are neutralized.

MIGTRIM - DOSAGE and DIRECTIONS



Apply few drops of oil at the crown of the scalp with fingers and massage gently. Wash off after 30 minutes using mild shampoo.

MIGTRIM - INGREDIENTS

Supplement Facts Serving Size: Few drops Each Serving contains	
Fresh extracts of:-	
Vitex Negundo	25 gm.
Strobilanthes Cucumerina	25 gm.
Monochoria Vaginalis	25 gm.
Evolvulus Alsinoides	25 gm.
Emblica Officinalis	25 gm.
Virgin Coconut Oil	100 ml.

- **1) Vitex Negundo** This is a plant's leaves are taken. It contains anti-migraine properties. It reduces edema from the intra and extra cranium in migraine.
- 2) Strobilanthes Heuneanus This plant is having strong anti-inflammatory and edema draining effect. It prevents vascular dilatation on the scalp vessels. It has antithrombotic function too.
- **3) Monochoria Vaginalis** This is a small plant whose tiny tubers are useful to prevent vascular headaches. The starch of the tuber has anabolic effect in the body. Essential fatty acids and amino acids are in plenty. It has vitamins and anti-oxidants too.
- **4) Evolvulus Alsinoides** The wholesome plant is used. This has antimigrainous principles and antipyretic effect. It helps to prevent intra vascular clotting.
- **5) Emblica Officinalis** This is fresh fruits of the tree. Its juice contains the richest source of Vitamin-C. Its tannins protect the scalp vessels. It has antimigrainous effect.
- **6) Virgin Coconut Oil** It acts as the transport to deliver herbal ingredients on the scalp. Coconut oil is eco-friendly to scalp and hair follicles. Lauric acid in it has local effects.

MIGTRIM - TESTIMONIALS

Migraine

I am a patient with migraine. I am 40 yrs old lady with a frequency of 2 to 3 episodes of migraine per month. Sometimes I had series of attacks (my doctor told as status migraine). I get some signals before it occur. Mostly it is one sided. Vomiting gives relief. Vision is impaired afterwards. My doctor had given me preventive medicines but I didn't have any changes.

One of my friends has shown me a website with a natural herbal formula for migraine. I have ordered one bottle of **MIGTRIM** and started applying it on my scalp daily for 30 min.

We didn't believe it initially but I was amazed seeing the result. I didn't get another migraine attack after the day I applied the oil in my head. I contacted the company herbalist for further advice. He told me that I have to use this oil for minimum period of 18 months to get rid of migraine for ever.

Since last five months I am using **MIGTRIM** on my scalp everyday and so far there is not even a single migraine episode. I recommended **MIGTRIM** to my friends whoever had migraine. It is an amazing product.

Migraine

I am a college student 18 yrs experience vascular headaches in the college, vomits most of the time. I had vision impairment usually the next day. Internet surfing could find **MIGTRIM**. I placed order for one bottle.

After using **MIGTRIM** I don't remember any migraine attack I had. I am still using **MIGTRIM** as the company herbalist advised. Thank God for avoiding hospital visit or chemical medications.

MIGTRIM - HEALING CRISIS

No healing crisis or side effects are noticed.

WARRNING: This traditional herbal food supplement is derived and time tested by Chavarcode Ayurvedic physicians. Results may vary among users. These statements have not been evaluated by the FDA. Products featured here are not intended to diagnose, cure, prevent or treat any diseases and should not substitute treatment by a registered medical practitioner. We do not claim that the products or dietary supplements mentioned can protect you from developing serious diseases and recommend that you never delay or forego regular screening, or forfeit the opportunity for early medical treatment that may be critical to survival. You are advised never to self-treat for a serious disease without benefit of a medical diagnosis or treatment. Please consult your physician before beginning any course of treatment.