



Headaches and Migraines INDIGO Biofeedback

Migraines are characterized by severe to moderate headaches and nausea, often on just one side of the brain, along with light and sound sensitivity lasting for up to 72 hours and often accompanied by problems with visual and motor sensory problems. In addition, 75% of migraine sufferers are women. Stress, inflammatory response, and constriction of blood vessels in and surrounding brain tissue are triggers for migraine onset; in fact 50% are said to be stress related.

In 2003, The World Health Organization estimated that 303 million people worldwide experience migraines regularly. While preventive drugs are available for extreme migraine sufferers, they can cause serious, toxic and unpleasant side effects. Surgery is also being offered to some migraine sufferers with more frequency than ever before, but for many the option is too risky and invasive.

Biofeedback is a gentle, non-toxic, non-invasive first line therapy that has been scientifically acknowledged in many studies as an effective treatment for migraines and tension headaches in several studies; so much so that the American Academy of Neurology now endorses biofeedback protocols for headache sufferers. Researchers have found that after 10 sessions, 35% of study participants in the biofeedback group reported fewer severe headaches even after six months post biofeedback intervention. (Mullally, 2009) In one study, 80% of participants experiencing migraines showed significant improvement using biofeedback over autogenic training. (Labbe, 1995) Another study showed that two thirds of the participants experienced a 50% reduction in severity of headache symptoms. (Yucha, 2008) McGrady et al (2003) found superior clinical results for biofeedback-assisted relaxation as compared to self-directed relaxation; while Rokicki et al. (1997) found a significant reduction in headaches following a six-session EMG biofeedback protocol.

INDIGO biofeedback retrains nervous system responses to stress, one of the biggest triggers of migraines; it also helps relax muscle tension, and relieve pain, two intense components of migraines.

In addition, the ability of the INDIGO to provide information about specific stress reactions related to other potential triggers for each individual migraine sufferer makes it an invaluable tool for education and behavior modification; supporting clients in reducing the frequency of attacks.

Experience INDIGO and see for yourself its power over migraines!