

Naturopathic Medicine Successfully Reverses Migraines

Dr. Lena Kian, ND, a California Licensed Naturopathic Doctor, explains in an informative four and a half minute video how she uses Naturopathic Medicine to successfully treat and reverse Migraines.

Online PR News – 04-March-2010 In a four and a half minute video produced by natural living expert Larry Cook, Dr. Lena Kian, ND shares how she uses [Naturopathic Medicine to successfully reverse migraines](#) (video: <http://www.thenaturalguide.com/nd/lk-migraines.html>).

A migraine is a type of headache disorder that is often one sided which is characterized by throbbing or a pulsating sensation and can be accompanied by nausea, vomiting, sensitivity to noise and light. It's often quite debilitating and can adversely affect the quality of life for those who suffer from this disorder.

I will also run a blood test to check for food allergies by looking at IgG or IgE blood levels to see if food allergies are triggering the migraine headache. I use the lab results, their symptom profile and lifestyle factors to prescribe dietary changes, nutritional supplementation, botanical medicine, homeopathic remedies and appropriate lifestyle modifications to help my patient recover from migraine headaches. For those who follow my protocol, over eighty percent of them are symptom free within two to three months.

Migraines are an inflammatory response caused by an abnormal dilation and constriction of the blood vessels of the head called vasospasms, and they are often triggered by many factors such as exposure to bright light, noise, cigarette smoke and certain perfumes. The menstrual cycle or use of the birth control pill can bring on a migraine because of hormonal fluctuations. Additionally, food sensitivities, alcohol use, a missed meal, abnormal sleep patterns and excessive stress can also bring on a migraine.

Dr. Kian says, "When someone with a migraine headache comes to see me I'll do thorough history of when it first began, what brings it on and what makes it better or worse. I'll look at lifestyle factors such as their diet, physical activity and especially their stress levels. I'll order blood tests to look at blood sugar and hormone levels, and I'll order a salivary test to check for hormone levels, and especially cortisol levels." "I will also run a blood test to check for food allergies by looking at IgG or IgE blood levels to see if food allergies are triggering the migraine headache. I use the lab results, their symptom profile and lifestyle factors to prescribe dietary changes, nutritional supplementation, botanical medicine, homeopathic remedies and appropriate lifestyle modifications to help my patient recover from migraine headaches. For those who follow my protocol, over eighty percent of them are symptom free within two to three months."

Naturopathic Medicine is a natural medicine model that emphasizes the identification and treatment of the root cause of disease in order to restore health. Conventional and alternative diagnostic testing is used to evaluate the root cause of disease symptoms and then diet (such as eating [organic food](#)) and lifestyle modifications are prescribed along with appropriate nutrients, botanical medicine, homeopathic remedies and other natural therapies to enable healing of the affected areas of the body.

Mr. Cook says, “Natural living and Naturopathic Medicine work because the body will heal itself when given the right conditions. When people take responsibility for their food choices and lifestyle choices that affect overall health and also decide to work with a qualified natural medicine professional such as a Naturopathic Doctor, symptoms like migraine headaches will completely disappear.” To watch the video of Dr. Kian, ND share in detail how she diagnoses and treats migraine headaches, visit <http://www.thenaturalguide.com/nd/lk-migraines.html>. To learn more about the natural living lifestyle, visit <http://www.thenaturalguide.com>.

Media Contact

Larry Cook

larry@thenaturalguide.com

213-422-2066

Image Gallery



Media Information

Larry Cook

larry@thenaturalguide.com

<http://www.thenaturalguide.com>

12040 Sylvester Street

Los Angeles

CA

90066

United States