

I was about 28 when I got my first migraine. When I first started getting them, they were violent, to the point that I would get an upset stomach, throw up and had pain so bad I couldn't move. The first one I had I didn't know what was hitting me. I crawled on my hands and knees to the telephone to call the doctor and I laid on the floor and talked to him on the telephone because I couldn't move my head. It felt like it was going to explode. For a long time I wouldn't get them real often, but when I would get them, that's the way they were. I wouldn't get much relief until I threw up. Then it would ease up. I never had a lot of problems like some people do with migraines, where I couldn't stand to be in the light. The light didn't bother me that much where I had to lock myself in a dark room and all that stuff.

I don't remember exactly when they started to change, but I started getting them more often, but with less of the violent illness. Sometimes I'd get a little nauseous with the pain but I didn't always throw up. Now lately, I don't even get the nausea, I just get the headaches. It kind of changed to where I think I started getting more tension headaches as time went on and I would kind of go from tension headaches to a migraine. It was hard to tell whether it was one or the other.

Then I started getting into a period where I was having daily headaches. Just constantly. I just couldn't get rid of them. I probably had them for a good 10 years. I lived on Excedrin or Fiorinal. Tylenol does nothing for me. It wasn't a matter of whether I had a headache or not, it was just whether it was tolerable today or not. It was there all the time. I worked that way, and I took care of the kids that way.

I started on Imitrex shots when they first came out. Those helped a lot. I hated giving myself a shot, but it worked. Our daughter started a residency at St. Mary's hospital and she heard about this headache clinic at Mary Free Bed. And she said, "Mom, I think you should look into it." Most clinics try to find different medications that work. This clinic doesn't do that. They help try to find ways for you to help yourself without medication, like relaxation and exercise. So I brought it up to my doctor and she gave me a referral to that program. I went through that program and had good results, but it takes a lot of time. You do a lot of exercising, relaxation exercises and stretching. Then, you get busy, you start to feel a little better and you drop off from the exercises and the headaches come back. But I still did all right, because then I would get back in and I would work harder on my headaches and stuff and I did OK for quite a while. I went through the program again because I had been under a lot of stress at work and it got so bad I had to quit my job and then after we moved we were living with my folks and I was caring for them, my dad has Alzheimer's and I felt so stressed out. I couldn't get back into the relaxation exercises. I would go back in there and try to get into it, but I couldn't get back into that mind set again to be calm. I went back to the doctor and told him what was going on. He said that if I wanted to go through the program again he said it would be a good thing. So I went through the whole thing again. And I had good results, but there was so much going on. While I was going through the program this second time, we found out that Jon had cancer. It was a good think I was in the program. It helped me a lot with the initial shock, but I just didn't do as well during this next set as I did the first time. I still do the stretching exercises when I get real tense because my neck is always tense.

I had been hearing a lot about people taking Topomax and having good results with migraines. So I talked to my doctor. He said it does work very well. He said he wasn't sure if it would help in my case because I have as many tension headaches as I do migraines. But, he said we could try it. I had excellent results, for a while, probably for about a year. It seems like that is how everything goes. I have excellent results for a while.

I have been suffering with chronic headaches and migraines for 34 years. When I started on Chemolyte™ Recovery, I noticed right away that I was still getting headaches, but they were not as intense. I could get rid of them easier. I took Excedrin along with the Chemolyte™ Recovery program and in an hour or so, it was gone. I thought, wow, this is different. I usually always wake up with a headache in the morning. Sometimes, it would be so severe to the point where I felt like the whole day was off to a bad start because I knew it would not go away at all that day. But now

I get up and take the Excedrin and the Chemolyte™ Recovery program, sit down for a little while and give the Excedrin some time to kick in and usually that's it. If I get another headache later in the day, it usually isn't until about 3:00 in the afternoon. I now only have to take the Excedrin only about twice a day. I still take the Fiorinal for headaches before I go to bed at night because it is more relaxing than the Excedrin.

I had only been on the Chemolyte™ Recovery program for only a couple weeks when I noticed a big change and I have only taken 3 of my Imitrex in the last two months since I've been on the Recovery program. Usually my prescription of nine Imitrex would only last me two weeks.

I have noticed that my headaches in the morning are not nearly as severe. It feels so good to not have pain all the time.

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