



Migraine Prevention for Children and Teens



For many of those affected by migraines the symptoms start between the ages of five and ten. Since migraine is a genetic condition, children that have a parent or grandparent with migraines should be observed for the onset and continuation of such symptoms.

During a sporadic migraine episode, a child often endures a severe headache that may be accompanied by nausea, abdominal pain, vomiting, and possible vision changes (auras). Children may also complain of pain or sinus stuffiness which is often misdiagnosed and falsely treated as sinus infection or congestion (see [Tuliv Times December 2009](#)). Naturally, doctors should be consulted in order to rule out other serious diseases or conditions.

As the child reaches puberty the frequency of migraines may begin to form a pattern, especially in young girls as they start menses. As the frequency or severity level of a child's migraines increases, the problem may wreak havoc on a child's quality of life and ability to take part in normal school activities. Since migraine pain can be so intense that a child often cannot think or function very well during or immediately following episodes, school absenteeism may result.

What is most important to understand is that there is no difference between the [cause of migraines](#) in a child and that of an adult; however, what should be of great concern is the treatment used in the case of children. The pharmaceutical medications prescribed today for the treatment and prevention of migraines have, for the most part, been approved for use only by adults and not for children.

In managing migraines in children the first question should be how often does he or she suffer a migraine? If the frequency is low (less than two days per month), then it may be a matter of using OTC pain relief, such as Ibuprofen or a NSAID, along with quiet rest as the best treatment. When considering starting a child on an adult only drug that may have adverse side effects, including learning disabilities, it is important to note that migraines are a lifetime problem that can last for several decades. You may want to try a natural solution first.

Migraine prevention in children should start with eliminating anything that may [trigger a migraine](#) episode. Although migraines triggers, as we know, are not the cause of migraines, they can be the reason for the onset of one. Since children are more prone to eat junk foods that may contain MSG or other problematic additives as well as drinks that contain artificial sweeteners, they must be taught what may lead to a migraine. When trying to determine what may be triggering a migraine, always look back at least 24 hours to review any food or activity leading to the migraine. By learning what to avoid your child may be able to reduce the number of migraines each month.


Children who have reached the age of puberty may benefit from our all natural migraine prevention solution, [Tuliv Migraine Defense](#). Tuliv Migraine Defense has been safely used by children for the prevention of migraine since 2005. Sara writes about her 15 year old daughter, "Eileen, I just wanted to let you know how well your Migraine Defense formula is working for my daughter (just like you said it would). She started taking the recommended dosage and her migraines stopped completely

within two weeks. She has been able to return to school and is doing fine."

For more testimonials on the use of Tuliv Migraine Defense, please visit www.Tuliv.com

If you have questions about your child having migraines, please call us at 1-866-367-5953 or send an email to Questions@Tuliv.com.

Do you know someone who has a child who suffers from headaches? If so, please forward this article to him or her.

 Forward to a Friend



Learn To Avoid Migraine Triggers

New Year Resolutions:

As you begin the new year with plans of exercise and possible weight loss after the abundance of Holiday foods, beware! Remember that the following items are migraine triggers:

- **Artificial sweeteners.**
- All "**diet**" products and beverages, as these most often use an artificial sweetener; this includes almost every product that uses the word "diet".
- **New health products** should be approached with extreme caution as they can easily disrupt the balance of your system and trigger migraines.

To learn about or print a list of other migraine triggers, visit our website: www.Tuliv.com



Migraine Defense Works!

We receive many testimonials about how Migraine Defense is changing lives. We would like to share one with you we just received at the end of December:

"Hi my name is Barbara. **I am getting ready for the new year and wanted you to know you have changed my life. My**

day is no longer controlled by migraines. It is amazing the perspective you get from that. It doesn't matter what is happening if you don't have a migraine everything is good. In case you forget sometimes how important the work you have done and continue to do is, because you started a long time ago and I just found out about it now. Don't Stop!

I am starting the New Year with an unbelievable positive attitude about my life because of your product. Just wanted you to know that."

If you would like to share your testimonial, please send us an email: Eileen@tuliv.com

Order on-line at www.Tuliv.com or by phone 1-866-367-5953.



Get Answers to Your Migraine Questions

Call us at **1-866-367-5953** or send an email to MD@Tuliv.com

It's time for you To Live migraine-free.

