

# Migraines Be Gone



7 Simple Steps to  
Eliminating Your Migraines Forever



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Eliminating Your Migraines Forever

Kelsie Kenefick

Roots and Wings Publishing

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Disclaimer: The author of this book recommends that all persons with headaches see their doctor for an accurate diagnosis before beginning this program. This book is meant to be used in conjunction with your doctor's supervision. The author and publisher accept no legal responsibility for any actions that you may choose to take relating to matters contained in this book. This book is sold with the understanding that you are choosing to take responsibility for your well-being and for mastering the skills necessary to eliminate your headaches.

Names and identifying details of all patients' stories have been changed to protect confidentiality.

## Dedication

*To my mom and dad for giving me life*

*To my spiritual teachers for teaching me how to celebrate life  
and to live it with joy and grace*

*To the doctors in Colorado who believed in my work and sincerely wanted  
to see their patients come to a place of living naturally pain free*

*To my patients throughout the years who were a delight and inspiration  
to work with and taught me so much about everything*

*Thank you*

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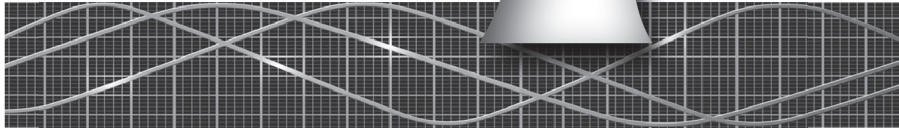
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*STEP*

1

**Make a  
Commitment**





## Introduction

The program presented in this book was carefully developed after years of successful work with migraine patients in my clinical practice as a certified biofeedback therapist. It is with gratitude to my patients and to the doctors in Colorado who believed in my work that I am able to bring this program to you.

Your ability to control your migraine headaches will become very empowering. Patients regularly report to me that they experience a sense of empowerment upon completing the steps of this process that carries over into many other areas of their lives. Once they realize just how much control they have over their physiology, they begin to realize how much power they have in other areas of their lives as well. If you can gain control over your migraines, imagine what else you can do in your life!

Congratulations to you for embarking upon this exciting and powerful journey. My hope is that you enjoy the process as much as the results.





*Lesson*

# 1

## Deciding to Become Migraine-Free

### New Habits

This book is essentially about creating new habits. Did you know that everything you do in life is a habit? The new habits and skills you will bring into your life with this program will actually allow you to create a shift in your autonomic nervous system (ANS). This is the part of the nervous system that is not usually consciously controlled. What we think of as “automatic” functions, such as our blood flowing through arteries or our heart beating are regulated by the autonomic nervous system. Your ANS functions do occur automatically unless you consciously take control of them. When you have successfully made the proper shift in your autonomic nervous system by following the steps outlined here and are able to maintain that shift, you will have eliminated your migraines.

The exercises in this program do not need to take a lot of your time every day. Eventually, you will have the skills well-integrated

into your life, and you won't even need to set aside special time for practice. You will have created new habits. I have set up this process so that, even in the learning stages, it will take a minimal amount of time and still be effective.

Change does not always come easily, but you will find that the changes you make throughout this program are ones you will enjoy. These changes will leave you feeling stronger physically, mentally and emotionally. As your health, well-being and happiness grow, you will want these new habits to be a part of each day. They will become effortless.

Take a small sheet of paper now and write the following:

**Everything I do is a habit.**  
**I choose to create new habits.**  
**I choose to be pain free.**

Now, place this reminder on your bathroom mirror, in your day planner or anywhere that it will help you remember this important point.

## How to Use This Program Successfully

The steps for freeing yourself of migraines have been set up in a specific order so that the skills build upon each other. You might think that controlling blood flow through your arteries is the most important part of the training and therefore feel tempted to skip right to that lesson. Don't do it! There are reasons why controlling blood flow is the last step in this program, just as there are reasons each step is included in the order it appears in the book. You will be much more effective learning each skill if you do it in this order. If you attempt to do the steps out of order, you may become frustrated

when you find that you cannot do what you are being instructed to do or don't reach the level of success you had hoped for.

The program is divided into seven primary steps and 12 lessons supporting those steps. You will find the process most effective if you do one or two lessons each week. There are two lessons that you will need a bit more time to work on: using your thoughts to heal (Lesson 10) and dilating your arteries for migraine prevention (Lesson 11). Each lesson provides specific activities that you will need to practice daily. It is important to get into the habit of practicing and mastering one skill before moving on to a new one. This means that you will need at least a couple of days between lessons. Remember, you are forming new habits. Give yourself time for each new habit to take hold.

This is an *experiential* program—a program in which you make changes by participating in activities. At the end of each lesson, you will find a section titled “Practice” that contains a summary of what you will need to perform successfully before moving on to the next lesson. Reading the book without doing the exercises will not significantly help you eliminate your migraines.

## A Partner for Support

Many people find it helpful to have a partner for support when doing a program such as this. Moving through the program with another person can help both of you to stay on track and make the process more fun. It is estimated that 36 million Americans, or approximately one in ten people, suffer from migraines, so chances are you won't have to look very far to find someone who has migraines and wants to work through this program with you.

If you choose to move through this process with a partner, set

aside a time once a week when you can check in and share your successes. This could be a phone date or you could get together in person. Be sure to decide each week which lesson(s) you will be doing during the following week.

The author of this book is available for coaching and support. For further information go to [NaturallyPainFree.com](http://NaturallyPainFree.com) and click on Consultations.

## Staying on Track

You will find the changes you make in your life as you move through this book to be both enjoyable and empowering. People love integrating these positive new habits into their lives. Still, some people find themselves slipping back into old patterns at times. If you do get off track, simply be accepting of yourself and get back on track again.

Occasionally people will find themselves making excuses for why they go off track from the program. For example, they might say, “I am relaxed today, so I don’t need to do it,” or “I’m too busy today. I can’t take the time to do it.” If you find such thoughts filling your mind during the program, stop and notice the excuses running in your mind. Then, acknowledge what your mind is doing and say to yourself, “Thank you for sharing! I am going to complete this lesson and its practice steps anyway!”

Remember, everything is a habit. In creating new habits, you may experience some resistance at times. Be aware of the resistance, but do not let it stop you from moving forward.

This journey to a life without migraines is about taking responsibility for your health, well-being and happiness. To take responsibility means to respond with ability. I have found that people with

migraines are usually highly motivated and are very good at taking responsibility. By committing to this program, you are taking the empowering steps to creating a pain-free and more joy-filled life.

Many people find that a good way to develop these important new habits and stay on track is to work with the *Migraine Be Gone Workbook*. This hands-on workbook is a good reminder of the skills you need to practice daily and gives you forms for tracking your progress. All the worksheets and charts you need are included. You may purchase the workbook at the website listed at the bottom of the page.

### **Skeptical? The Program Will Work Anyway**

It is okay to be skeptical! Perhaps you have suffered from migraines for decades, and your mind simply cannot believe that you can control them. You may feel discouraged or feel like you have tried everything with little or no success. If you have not done this program, you have not tried everything. You can be successful with this program even if you are skeptical. My skeptics have always become my strongest supporters. You can notice your skepticism and acknowledge it. *Just don't let it stop you!*

I had one patient who suffered for more than 30 years from incapacitating migraines that she was having about three times a week. Her migraines made her completely nonfunctional. Mary had tried many things over the decades—from herbs to acupuncture to chiropractic. She tried everything that anyone would suggest. Just before I saw her, Mary was going to the emergency room three times a week to get shots of morphine for her migraine headaches. As you may know, the more medication one takes the more tolerance the body builds up requiring higher and higher doses to achieve the same ef-

fect. One day Mary walked into the emergency room and said, “I need a higher dose of morphine; this isn’t working anymore.” At that point the doctors finally said, “If we give you a larger dose it will kill you. Why don’t you try biofeedback?”

Mary came to me to learn the skills that you are about to learn in this book. Although skeptical, she was highly motivated. Mary was able to eliminate her muscle tension headaches in five sessions and her migraines in ten sessions. I tell people with migraines to plan on twelve to sixteen sessions to gain complete control of their migraines. When she got to the tenth session, Mary could not believe that her migraines were gone. Her mind had a hard time grasping this fact so she opted to do six more sessions. By the time she finished the training, her mind finally believed that it was true!

The program contained in this book to relieve you of your migraine headaches will work whether or not you are skeptical of it. The key is to simply follow the program as it is set up, and you will be on your way to being migraine free.

## Working with Your Doctor

If you have not already seen a doctor regarding your headaches, you need to see one before beginning this program. An accurate diagnosis is medically essential. Although the chances of your headaches being caused by something serious, such as a brain tumor or stroke, are extremely small, you still need to rule out all possibilities. Furthermore, you need to have a doctor oversee the reduction of your medications as you move through this program.

If you do not currently have a doctor, you will want to find one who is caring and knowledgeable and who is compatible with you. Neurologists specialize in diseases that affect the brain and therefore

are highly qualified to diagnose and treat migraine headaches. They tend to have a very good understanding of the autonomic nervous system and the use of biofeedback skills to make internal shifts. Osteopaths (D.O.s) also have a good understanding of the autonomic nervous system and the learned skills that can regulate it. Most neurologists and osteopaths will be able to support you through this program with understanding while overseeing your medication reduction.

The treatment process for migraine is a partnership between you and your physician. When selecting a doctor to work with in this process, ask yourself the following questions:

- Does this doctor often treat people with migraines?
- Does he/she listen to me and take the time I need?
- Do I feel that I can talk honestly with this doctor without feeling that I am being judged?
- Is this doctor knowledgeable about using non-drug treatments like biofeedback for migraines?

## Contraindications

Learning to make shifts in your nervous system to eliminate migraines will create changes in your body, mind and emotions. *The skills presented in this book should be considered contraindicated for the following disorders:*

- acute or fragile schizophrenia
- some paranoid disorders
- some dissociative disorders

If you have any questions about whether or not you should do this program consult your physician or a psychiatrist.

## Declaring Your Commitment

Are you ready to make a commitment now to eliminate your migraines? Remember, you don't have to believe it; you just have to *do* it. You can choose to look forward to this program with excitement and a positive attitude. By making a commitment in writing, you strengthen your positive intention.

Write by hand the following statement:

**I \_\_\_\_\_ (name) on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, commit to the program *Migraines Be Gone*. I agree to follow the program as it is structured. I agree to have my doctor oversee the reduction of my medications as I move through this program. Finally, I declare that I am willing to create new habits.**

Good! Now tape this declaration of your independence from migraines to your refrigerator or somewhere you will see it every day.

If you want to give your intention and commitment even more power, speak them aloud to another person. You could voice your intent to your *Migraines Be Gone* partner, a significant other, a friend or relative. Tell them what you are going to do, what your intentions are and what your commitment is. Voicing your commitment out loud gives it strength. Let your word be law. Speak with power and affirmation.

## Practice

Below is a summary of activities to complete before moving on to the next lesson.

1. Put your commitment in writing and post it somewhere you will see it every day.
2. Find a partner to do the program with if you want this kind of mutual support.
3. Discuss this program with your doctor.