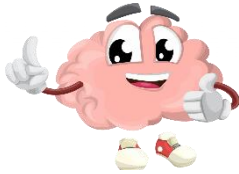


WHY MIGRAINE SYMPTOMS ARE THOUGHT TO OCCUR AND HOW THIS RELATES TO TREATMENT USING SEEDS

Healthy Brain



Our brains like to stay in balance.

This is called homeostasis.

Normally, when stimuli challenge the brain, it adapts to keep the balance.

Migraine Brain

Genetics contributes by creating a **hypersensitive brain** that **doesn't adapt** well

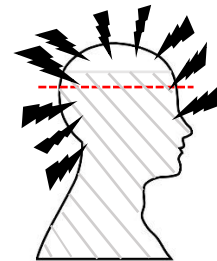
Factors that Challenge Homeostasis & Trigger Migraine

- Sleep deprivation
- Physical & Emotional Stress
- Hunger
- Diet
- Bright light
- Noise
- Perfumes & Smoke
- Weather
- Hormones

Once too many triggers cross a threshold, the migraine symptoms begin*

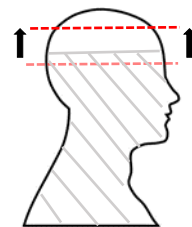


Triggers below threshold & migraine not activated



Triggers above threshold & migraine activated

Behavioral Prevention Strategies (**SEEDS**) help raise the migraine threshold so a migraine isn't activated



* Adapted from David Buchholz, MD's 'Heal Your Headache' book