

How to spot a migraine scam

When it comes to migraines you've probably spent thousands of your hard earned money on anything that you could think of to try to minimize your pain.

Things from ice hats, essential oils, all the way up to nerve blocking surgeries.

I'm sure many times you've wondered before you've opened up your wallet if these things were going to be the FINAL thing that was going to actually bring you freedom from migraines or if this was just going to be another scam.

When it comes to determining what you're going to spend your money on for your health, how do you make a decision as to what is worth it and what is just snake oil that somebody's trying to sell you.

This was me

I poured over \$10,000 into attempting to manage my daily migraines, but much of it – about 90% – was money down the drain. It would lessen the pain briefly, yet it never truly removed the discomfort; this kept me trapped in an endless cycle of buying more.



With daily bombardments of ads, posts, books, and friends all touting their personal relief remedies, how can you sift through the noise and figure out which investments are worthwhile?

The first step in answering this question is to determine what you truly need based on the goals you are setting for your health. As a fellow mom who's been through this journey, I know I needed to make sure my hard-earned money went to solutions for my migraines not just a quick temporary fix but you may want something different.

So If your goal is to manage the pain and get through each day the best you can, you'll likely want a different product than if you're aiming to reduce the severity, duration, and frequency of your migraines for lasting results leading you to migraine freedom.

I'm betting that, just like I was, you're yearning to bid fond farewell to migraines, not merely play on-going defense.

On that note, pinpointing and addressing the root cause is a vital step to keep future migraines from disrupting your bustling life. Let's take a look at some common products women use for migraine, and I'll help you learn how to spot the scams while finding a solution that works for you.

The first item on our list to discuss is, believe it or not, one I used quite a lot—and also purchased quite a few of years ago: the so-called ice hat, or ice packs.

Looking back now, I can see the picture more clearly. While it may not have been an outright scam, the marketing framing around it was rather questionable. They were marketed as an end-all-be-all solution, promising to erase my pain completely.

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now, don't get me wrong.

... those ice packs were my lifeline on some days, helping me manage through the worst of it. But they didn't deliver on their promise—the relentless migraines persisted. They offered temporary relief, yes, but they weren't a long-term solution. Each time, the migraine would always return, barely giving me a moment's break. So, it's clear: while these ice packs helped numb the surface, they weren't addressing the underlying issue.

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The next product I used often and purchased many varieties of was... *essential oils*

Many of these scented miracles claimed to "cure" the issue if I used them consistently.

And even though I am a fan of essential oils and enjoy the amazing smells they bring, as well as their potential soothing effects, I've come to learn that they're not exactly the magic bullet I was hoping they'd be. You see, essential oils can be an important part of our migraine management tool kit, but they shouldn't be relied upon as a one-stop solution. They may bring some level of comfort and relief, but they are simply a tool in our management tool shop.

Now, let's shift our focus to another familiar culprit... *medication*

Just like me, you've seen those ads on TV, magazines, or social media. The famous women showing that the medication they take allows them to live the life of their dreams. They show vibrant pictures of them participating in sports like tennis, vacationing, or having a heartwarming dinner with their family—the picture of pure happiness. And it makes us feel that this medication could be our ticket out of the endless migraine loop. But, as I've learned along the way, these commercials often don't tell the full story.

These medicines only mask the symptoms, and not always effectively. Meanwhile, the migraines keep coming back, and relief simply isn't as lasting as we wish, even with so-called preventative medications that are marketed to stop migraines from happening in the first place.

So, while medication can play a role in managing your migraines short term, it's not the 'end of story' solution these ads want us to believe.

There are countless more examples we could dive into, like the Cefaly device—an investment that's easy to consider given its bold claims to give you more migraine free days.

I've spoken with so many women who've used this device. While it may dial their pain down enough to let them brave the day, reducing the pain just enough to allow them to keep going could actually be harmful in the long run.

Think about it: we're talking about someone who's chronically inflamed. If you relieve their pain enough to let them power on through, that could lead to even higher levels of inflammation, trapping them in a vicious migraine cycle.

Did you know
pushing
through
actually slows
down hormonal
production and
elimination.

So if you are
blaming your
migraines on
your cycle, you
may need to
shift the blame
to pushing
through and
not addressing
the **root cause**.



When you're about to open your wallet to spend

on these or any other solutions—whether that's Botox, chiropractics, acupuncture, Reiki, massage therapy, physical therapy, supplements, or creams—come back to your original goal.

Ask yourself what you're truly seeking.

Are you looking to uncover the root of your migraines and stop them for good? Or are you after a quick-fix Band-Aid solution —something to minimize your pain just enough to get through the day, even while knowing that the migraine lies in wait? Your goal is your compass here. It'll help you steer your decisions about what items to invest in and which ones are a scam for you!

What you consider a scam might bring temporary comfort to someone else — remember, this is all based on YOUR GOAL! If you're at that point in your migraine journey where you're done spending your precious resources on mere management tools, and you're ready to dive deep and unearth the root cause of your migraines, then let's chat.

Picture it. The next time you reach for your wallet, it won't be for another stop-gap solution, but towards creating beautiful memories—a solution that will allow you to vacation with your family, schedule lunch dates with friends, or a romantic dinner with your spouse worry and pain free.

Ready to make that leap? [click here to schedule a Migraine Breakthrough Call](#)

They are here to truly listen—to hear your unique story, understand your obstacles, and help you navigate this journey effectively. You see, your next step towards a more migraine-free life is just a click away. Because the day when your life isn't dictated by migraines? It's not an impossible dream, It's your future within reach.

hi, i'm Debbie!

I am a mom of two, a Functional Health Coach, and the founder of The Freedom From Migraines Method and the Migraine Freedom Protocol. I support women who want to live their lives pain and symptom-free so they can spend the time they want with family and friends, work productively, and stop missing out on the things they enjoy.

For years I suffered from migraines. They started after the birth of my daughter, showing up occasionally and continued to increase in severity and frequency until daily migraines were my normal. I missed out on so many important events in my life due to pain - my kids' sports games, birthdays, job opportunities, family gatherings, and simple pleasures like reading with my kids... all lost because I couldn't function... until one day I decided I was done with letting migraines control my life.

I knew I needed someone to help me sort out through all of the noise... to figure out what works and what doesn't. I found a health coach to guide me on my journey to migraine freedom.

Using the research I had compiled over years of trial and error on myself, my coach helped me figure out the right migraine freedom plan for me, worked with me to set realistic goals, and help me stay accountable so I could achieve pain-free days.

Today I am happy to say migraines no longer control me and I have a life back.

My mission, my passion in life, is to use my experience to support women dealing with the same struggles I had and help them end their pain.

Time for you to experience...
...no more canceling plans with family and friends
...no more calling in sick to work
...no more missing out on life

Time for you to take control of your health and live your life on your terms.

