

3 Simple Strategies

My Clients Use to Prevent the
Rebound Migraines from
Medication

Discover the next steps in achieving Migraine Freedom by
addressing Rebound

so that you can be the mom and partner you want to be,
reconnect with your friends and family, thrive in a career
you love, and feel like yourself again.

presented by

Debbie Waidl

Functional Health Coach & Founder of the
Freedom From Migraines Method

<https://pages.debbiewaidlcoach.com/>

Hi, I'm Debbie!

I am a Functional Migraine Health Coach Specialist helping busy moms find migraine freedom.

My teachings have influenced thousands of women on how to reduce the severity, duration and frequency of their migraines so they can feel themselves again, enjoy time with family and friends, and not let pain hold them back from doing the things they love.

For over 10 years I dealt with chronic migraines, trying every pill and magic bullet to find relief with little results.

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.

I finally feel like ME again, able to live my life the way that I want, work productively, spend precious time with family and friends, and stop missing out on the things I enjoy.

This can be you too.

Time for you to experience ...

...no more missing out on life

...no more canceling plans with family and friends ...no more calling in sick to work Time for you to take control of your health and live your life on your terms.

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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.



IS REBOUND CAUSING MY MIGRAINES?

You've been suffering from migraines for years. The throbbing pain, nerve-wracking auras, neck pain, light sensitivity, and a churning stomach that can't settle down.

You've tried everything you can think of to make the pain go away and stay away.

Diets... medications... chiropractors... acupuncturists... sometimes you feel a little better, but nothing lasts.

You've seen doctor after doctor for answers and have researched migraines until you are blue in the face. **n o l u c k !** You have wasted so much of your life trying to find a solution with no results.

How many hours have you spent researching on Dr. Google and sitting in waiting rooms at doctors' appointments?

Those hours would have been better spent on things you love like spending time with family and friends enjoying yourself instead of scrolling on your phone becoming increasingly overwhelmed and confused.

If only you knew what was causing the migraine. What the reason was you continue to lose days of your life to debilitating pain. Finding the root cause of your migraine is the first step in ending the pain once and for all. We know migraines are considered a chronic disease. All chronic diseases begin with chronic inflammation.

By reducing the inflammation load in our body, we are able to reduce the severity, duration, and frequency of our migraines while we work towards our freedom from pain

SO WHAT IS CAUSING THE INFLAMMATION? There are several things that cause inflammation in the body such as lack of sleep, stress, poor diet, insufficient exercise *plus* one that is very common in those suffering from migraines... medication use.

Do any of these sound like you?

How do I know if my medications are causing Rebound?

- You've tried everything else to end your pain and nothing works.
- Your headache is present upon awakening and intensifies as activity increases
- Your headache wakes you in the middle of the night.
- Your headache has become sensitive to movement, or physical activity.
- Your headache pain is more spread out than usual, and often times seems to concentrate in the back of your head, towards the base of the skull. The medication you usually take for headache relief has stopped working. You've taken medications to relieve migraine pain more than two days in a row. You take more than one medication at a time to end your pain. Your headache medication works for maybe a couple of hours, but then the pain returns, oftentimes stronger than before or the headache intensifies shortly after taking medication. Your headache has become sensitive to emotions you are feeling
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IF THIS IS YOU... WHAT ARE THE NEXT STEPS?

1. First and foremost have a conversation with your doctor.
2. Decide if reducing or stopping your medications for migraines is appropriate for you.
3. If you both determine reducing or eliminating your medications is right for you...

Make a plan for stopping your medications.

- Have a determined timeline set by you and your doctor for tapering or ending your pills. Prepare your body BEFORE you end your medication (The healthier your lifestyle habits are before you begin this process-the easier it will be to manage.
- Have a plan for what you will do when you get a migraine while weaning off of your pills.

make
a plan...

What causes rebound anyway?

Whenever we take medication for pain we disrupt our bodies amazing system of healing on its own. Our body tries to compensate for that medication so it can return to feeling normal using the pill you took. Typically the body would use its own system and pain receptors to get back to normal (we have morphine receptors in our brain for this very reason).

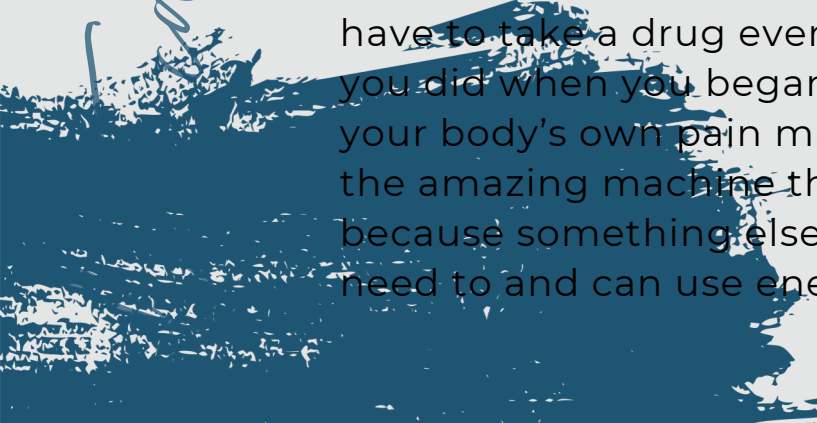
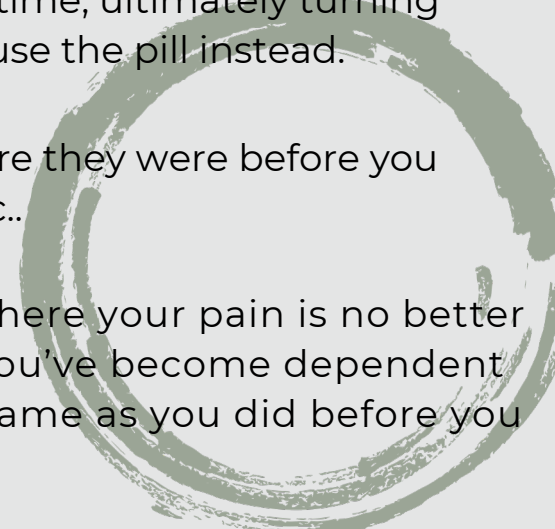
But if our body consistently is given a pain suppressing medication- the body will adapt over time, ultimately turning down its own ability to end pain and use the pill instead.

Eventually, things return back to where they were before you introduced the pill/injection/spray, etc..

So now you've reached the point where your pain is no better than it was when you started, yet you've become dependent on the medication just to feel the same as you did before you took it to begin with.

You're no better off than you were when you started, plus you have to take a drug every day just so you don't feel worse than you did when you began taking pills. The drug has destroyed your body's own pain management system. Your body, being the amazing machine that it is, stops trying to end your pain, because something else has taken over that job so it doesn't need to and can use energy elsewhere.

causes rebound!



Each dose of medication taken for migraine relief raises the risk of a future migraine by a given amount, and for a certain amount of time.

Multiple doses add up!

Below is a partial list of some medications that can cause migraines. This is in no way an exhaustive list but a place to start when determining if you are in rebound.

Medications are listed in order from the highest rebound impact to the lowest
(*All people are different and rebound impact can vary*)

Triptans: Sumatriptan, Rizatriptan, Zolmatripan, Almotriptan, Eletriptan
Naratriptan, Frovatriptan

Opioids: morphine, hydrocodone, oxycodone, codeine, hydromorphone
meperidine, fentanyl, tramadol

Ergots: ergotamine, dihydroergotamine

Combo pills: aspirin/ acetaminophen + caffeine +/- butalbital

NSAIDS: aspirin, ibuprofen, naproxen, ketoprofen, diclofenac

Decongestant: pseudoephedrine, ephedrine, phenylephrine

Antihistamine: diphenhydramine, loratadine, fexofenadine, cetirizine

Muscle relaxant: cyclobenzaprine, methocarbamol, carisoprodol

Others: Blood Pressure medications, Epilepsy medications, Proton pump
inhibitors, Steroids

Ready to End the Rebound and want support to ease the pain while
Detoxing Your Past of medications?

Set up your [Migraine Breakthrough Assessment Call](#) today and let's talk
about the next steps for you