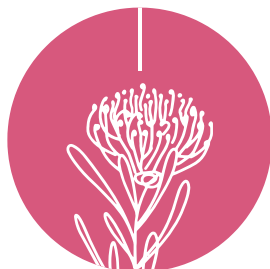




Migraine *Relief Strategy*

A step by step guide for support, relief and action steps
in managing migraine pain and take your power back.

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Hello Hello

Did you know that 1 billion people worldwide suffer from migraines? All with different levels of intensity. Migraine pain can be so debilitating you cannot function, walk, talk, see or even reason.

As you're aware Migraines can happen with a blinding aura creating visual disturbances This, a pre-warning, Head pain arises soon after and sometimes muscle weakness, nausea, loss of appetite and increased sensitivity to light and sound.

Migraines are known as a neurological 'event' involving nerves and hormones within the brain.

Migraine management can look like containing the pain, trying not to vomit, explode or all of the above. With relief not long lasting until the next one arrives or a lessening of symptoms within a few hours or a few days.

With this in mind I created this guide, sharing 5 of my favourite mindset and relief strategies to support and gift relief where possible. You're not alone, with all you are managing you are strong and relentless and this little ebook may trigger insight or even gift you the pivot you need to find positive change

Stress is said to be the number one cause of migraine, so this will help and support to reduce this and to also find ways to relax and also understand a deeper part of yourself.

I work with the intention that simple is best. Implementing one or even two new strategies to your routine, experiment as you go and find ways that support you.

There are some long-term and short-term tips here.

I hope you find the support and the relief you need.

Tracy
Holistic Practitioner
Silverdale Holistic Therapy



A close-up photograph of a Grevillea plant with several bright pink, spiky flower heads and green, lance-shaped leaves. The background is a clear, light blue sky. A small black insect is visible near the bottom left of the frame.

Migraine Relief Strategy #1

Keep Calm and Drink Water!

It's so important to drink plenty of water during the day.

Your brain is 85% water. Water gives the brain energy to function. Water is also needed for the production of hormones and neurotransmitters in the brain.

Since the brain cannot store water, you lose water through perspiration and other body functions, it's essential that you continuously hydrate.

You'll be able to think faster, focus more clearly and experience greater clarity when your brain is functioning on a full reserve of water. And because of this blood vessels are less likely to restrict - which causes headaches.

And we know migraines are then the next level.

Drinking at least 2-litre water bottles a day, and even cutting back on caffeine and energy drinks will help to keep the body hydrated.



Hydration Tip

Hydrate Hydrate Hydrate

If you find you're feeling headachey or migraine coming on, the easiest and fastest way to hydrate is to use normal table salt.

This also works if you find you have that mid-afternoon energy dip and find it hard to concentrate or feel super lethargic.

Salt (sodium) is known to open our blood cells for absorption - this is why if you've ever had an operation or even a severe migraine attack they put in a saline drip into your arm.

This is to make sure you stay hydrated - it is also sodium chloride which is salt.

- Firstly grab a salt shaker and sprinkle a little salt on a clean table or plate.
- Lick your finger and place it in the salt.
- Then place your finger in your mouth

You can do this every hour for over 4 hours - you will find your head will lessen if not disappear and you will also start to hydrate, so please keep your fluids up.

You can read about more information [about Tissue Salt Therapy here](#)



Migraine Relief Strategy #2

Visualisation - Using Your Mind For Relief

Visualisation is a recognised and scientifically proven way to relieve pain, stress, anxiety and depression.

If you can envision your pain receding, you can take control to achieve it.

It can become a skill after a while. You start to build a relationship with yourself and change your relationship with pain,

You can grow in confidence knowing you can be there for yourself in times when you need to.

When in the midst of some pretty nasty pain, you can allow your mind to focus on something other than the pain and discomfort.

Try it and see. It's a means to change the relationship with pain.

I've written a quick visualisation for you on the following page.



The Power of Visualisation

Tuning in to take control



Use this visualisation when ever you feel you need to find focus and have the inner strength to start creating a new relationship with your body and the pain.

Take some space, find a comfy position, whether you are lying in bed or any position you find can gift you relief. Start focusing on the breath.

Breathe in and breathe out. Breathe in and breathe out.
Can you see a shape or a colour? What size is your shape?

Is it red, blue or green. Imagine it like a cloud, a ball or just a small light
Large at first and then receding in size. Replace your pain with these images and feelings.

Play around with the size of your image, make it larger and smaller in your mind, or allow it to take any shape that might arise in your mind.

See how small you can make it. Imagine it moving it further and further away from your body with every exhale.

Take your breath deeper. Big deep breaths. Breathing into your abdomen.
Scan your whole body. Imagine feeling lighter. Imagine floating.

Continue to repeat this exercise, as you breathe, move the shape and change it at will, pushing this image further and further away from yourself.

Imagine different shapes and different methods to move it.
Can you see it shrinking, exploding, disappearing and simply floating away?



Migraine Relief Strategy #3

Reducing Sugar

Research indicates sugar or any excess can be a major trigger for Migraines. Another issue could also be the way the body converts or uses sugar on a cellular level

Diets such as Protein, Fat, and Fibre diets limit carbs (because they convert to sugar) are incredibly helpful and gaining awesome results

In some cases any diet that's super restricting, including detox diets can trigger migraines, as the body detoxes, the body will respond accordingly - be mindful that this might be the case and listen to your own instincts.

Fasting and juicing regularly have been found to be beneficial and also limit symptoms.

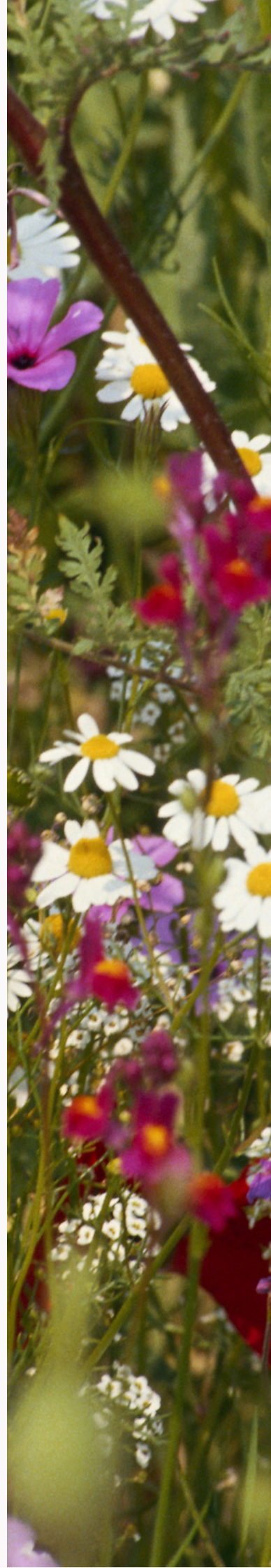
Lemon in hot water first thing in the morning can kick start the liver and also help reduce inflammation in the body. This can bring huge relief.

Bowen Therapy also helps this too. It supports the Lymphatic system to eradicate and filter out minerals you no longer need. Sometimes tension in the jaw, neck and or shoulders can contribute to migraine episodes.

Our Lymphatics are responsible for sifting and clearing out our physical system, Bowen Therapy activates the body's fluid circulation that helps remove toxins,

A combination of Bowen Body work, flower essences and tissue salts are a great place to start and I will explain further in the coming pages.

Influencing how you can positively deal with stress and pain is a great step in finding and maintaining relief.





Migraine Relief Strategy #4

Know Your Triggers

Migraines can come with a whole set of triggers.

These are the things you feel and know that a migraine attack is coming on. Certain foods or environments trigger and over time you learn what works to avoid an attack and also soothes when one arises.

For example: If you know you are already stressed, taking time to nurture and slow down can make a huge difference. Take a nap or have a bath to reduce any internal pressures

Tracking your menstrual cycle can also be helpful - so you know when you're due and note an increase in your level of hormones.

Knowing your triggers and traumas helps to establish a management plan to possibly avoid and reduce the severity of a migraine attack.

You get to take control

Sometimes if things feel off in our relationships our body communicates through pain, feeling tired, lethargy, migraine and headaches may alert us that we may need to communicate or check in and see what is arising.

You may find you have more than one trigger, due to this, it can be effective to know what impacts your lifestyle and the relationship you have with yourself understanding both can have an incredible impact

This is about not only finding relief through the migraine, it is also about changing and understanding your relationship with yourself through pain.

On the next page I've created a small checklist to help you navigate your triggers and to note any pattern that maybe recurring.



Migraine Relief Strategy #5

Self Care, Flower Essences, Magnesium, Iron and Mineral Therapy

Stress is a common factor and I support many clients with, including chronic or frequent migraines.

There are often a multitude of other factors that can cause migraine

Below are some further support and insight that might support finding a sense of relief and also personal empowerment through this process.

Mineral Therapy

Have you Checked Your Blood Iron Store Levels?

If you're feeling overly tired, unfocused, irritable, anxious, moody and overwhelmed by the simple everyday things. Migraines and Headaches can be symptoms of low blood iron. Low immunity can also be a symptom.

This is known as Anemia.

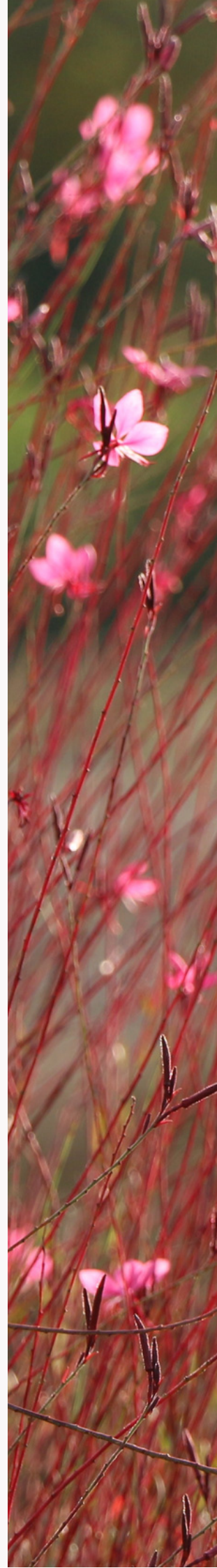
Many have had blood tests only to be told their iron levels are "normal". However it is the blood's ability to **store iron** that needs to be tested. And can give a very different result.

It can take weeks to lift blood iron levels to lift to normal levels using Iron Chelate supplements, there may be a need for an **iron infusion** that can fast track this process. This can be done at any local doctor's surgery.

I'm not a Naturopath, however from personal experience and from what I've seen in clinic, having an iron infusion at the very least alleviated lethargy, overwhelm and anxiety, and in many cases stopped headaches and migraines altogether.

This is certainly something worth investigating if you're suffering from migraine, be sure to request for IRON STORES to be tested - not just blood Iron levels, they are very different.

Please talk to a doctor and/naturopath to get professional feedback and advise.



Migraine Relief Strategy #5 cont ..

Self Care, Flower Essences, Magnesium, Iron and Mineral Therapy

Tissue Salts

Tissue Salts are incredibly effective. They are natural remedies that are smaller than a blood cell.

Our blood only absorbs minerals that are smaller than it. Tissue salt therapy is very effective in treating pain and a range of other issues. **You can check it out here.**

Magnesium is a natural mineral that supports, rebuilds, calms and nourishes. It supports cellular process, a natural muscle relaxant and also helps to balance hormones and also gifts relief from migraine and headaches.

In combination with Kali Phos and Calcium it is incredibly effective in soothing from stress, increases stamina and energy for life, and also reduces the severity of stress related migraines.

You can check out the **[Well-being Mix here](#)**

Flower Essences

Sometimes in life, it appears that deep healing is necessary. Migraines can be a symptom of this.

Flower Essences are a vibrational form of healing encapsulating the healing resonance of a flower.

Capturing the Life Force of the flower, **this energetic information impacts our energetic field, and due to this sensitivity it supports us in changing attitudes, making emotional shifts and gaining renewed mental perspective. Relieving pain.**

Flower Essence can bring calm and nourish when you feel depleted and activate feelings of inner support and inner strength.

They can soothe and give us the capacity to cope when dealing with stress, pain and overwhelm.



Flower Essences for Migraine and Stress

Attuning to your inner nature

My speciality is blending and formulating **personal flower essences** that are tailored specifically to and for your needs.

After a thorough consultation I formulate an essence targeting core issues or a simple elixir to nourish and nurture tailored to your needs.

My greatest asset is my natural intuitive knowing in identifying emotional patterns, offering clarity and tools so my clients can transform attitudes and habits, freeing their life force, so their lives can evolve and flourish free from pain and discomfort..

Personalised flower essences are my thing.

The following flower essences I recommend in times of stress and discomfort. I use a blend of Australian, West Australian, American and English Flower Essences

Gorse - helps when you feel hopelessness and despair. You may suffer from a chronic issues and feel been nothing can be done. Gorse helps elicit faith and hope, despite current problems.

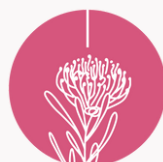
Blue China Orchid - this essence calms the mind and body. It helps to reduce the busyness of the mind so you can focus and feel light in your mind

Leafless Orchid - Leafless Orchid helps through anxious times. It is the discerning essence and supports you to sift and know what and who needs your energy. It can calm overwhelm

Green Rose - Green Rose is a detox essence and helps the body find an inner equilibrium. It is very good in settling frustration and allows the body to find an inner calm

Each flower has it's own healing signature and I naturally attune which remedies you need when you need it.

Pain can awaken a sensitivity flower essences naturally resonate with. I attune to this sensitivity. Taken orally or used topically or both. Imagine a warm bath full of flower essence healing magic! All support your healing journey.





Next Steps

I hope this ebook gave you the information and support you need.

I have something super special for you.

If you would like to dive deeper and check in how
I can support you further.

[Click the link for a FREE 30 min consultation.](#)

We will work together to ascertain a treatment or a simple plan
to move you forward to relief, regain your power and
peace of mind.

Through the work we do, many are finding relief using
the holistic lens.

From a holistic perspective, we look at physical, mental,
emotional and spiritual contributors. This can change the
relationship to pain and to ourselves.

Many clients have benefited from using one or combination of
personalised Flower Essences, Bowen Therapy and Emotional
Freedom Techniques to bring the body and mind into place
where they can feel, explore and face what's arising for them
without judgement or continual feelings of
overwhelm and despair.

[Access your FREE 30 min consult here.](#)



What My Clients Say

I love what I do. And what's more many of my clients gain results.

I've always had a natural knack of what people need and when they need it and my clinic allows me a space to exercise my intuition and healing insight.

Flower Energy, Mineral Therapy and Bowen body work are a perfect match. Helping the body deeply relax, accessing the self to release core issues. Such a powerful and simple combination. The following testimonials say it all.

"Tracy O'Meara Smith is an incredibly generous and intuitive practitioner. The flower essence blend she has made for me is simultaneously subtle and powerful. I am a pretty energetic person and need calm and balance and her thorough intake to fully understand my issues meant the flower essence blend was truly perfect for me. Thank you Tracy" **Mira Rao Embodiment Coach**

I've been coming to Tracy for many, many years. I'm the type of person that can never justify spending money "on me". Tracy is my only "indulgence". She is dedicated, passionate, and always goes completely above and beyond for her clients. She has an incredibly wise intuition - she just knows! I have no pain, no headaches, no aches. I can't recommend her highly enough! She's totally amazing in every way! Sandy Lentz Office Manager Blue Goose Therapy Services

Tracy has many methods at hand to keep me balanced and strong. From Bowen therapy, EFT tapping and flower essences - each is used to bring me back into alignment, re-centred and re-focused whenever I need. I have not had a migraine for weeks. Thank you Tracy, you are a beautiful soul. **Jen Kox**

I live such a busy life and I visited this amazing therapist Tracy who treated my acute systems. I suffer from acute migraine. I was also able to experience relief in my lower back and have found long term relief since seeing Tracy Thanks again. I will see you next month and the month after that." Melissa Thomson

About the Author

Tracy O'Meara Smith is the Healing Facilitator/Bowen and Flower Essence Therapist of Silverdale Holistic Therapy specialising in treating and empowering women in times of change, loss and grief.

Having kids with learning issues, parents with cancer, and life experience with a daughter who has chronic pain disease - Tracy has devoted her life to moving, changing and empowering herself and others through deep change, loss and crisis.

When we find ourselves in times of deep change, the first answer we ask is Why? Why is this happening to me? Or Why did this happen?

Whilst the answers may seem elusive at this moment. In the work Tracy does, answers and insight can be found. And it might not be in the ways that you think. Through these deep times, Tracy teaches how to use loss, pain and crisis as a launch pad to finding self empowerment.

Creating treatment plans and also formulating her own flower essence range to support her clients.

Through understanding ourselves, how we interact in the dynamic of life learning to create a life we want.



And it can happen naturally.

We can accept ourselves as we are and with that move forward by embracing ALL of ourselves and our life experiences. With no judgement.

I hope this offering helps you to find your way through. Gifting you some of the tools and shifting perspective.

Even gifting your energy and the space to think and breathe. Your wisdom and power lie within and this ebook can be the start of a whole new relationship and the magic tool to find and access it.

Check out www.silverdale.com.au and be sure to sign up for my 30 min free chat.



TRACY_OMEARA_SMITH



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Flower Essences *by Silverdale*

Grief Relief Essence

Grief Relief Essence helps you to find clarity and allows emotion to flow naturally through the peaks and troughs of grief. It may help to soothe the heart, calm the soul and console in times of crisis.

Care Givers

The Care Givers Essence can relieve burnout, helping to rejuvenate, energise and fill your cup again. It's ideal for big-hearted givers such as Mums, Healers, Nurses, Doctors, Support workers and Carer.

Focus Flower Essence

Focus Flower Essence can help to still the mind and enable you to focus, helping you become more productive and feel less scattered. It's ideal for students who are struggling to settle for study, writers and creatives who need clear focus and distracted procrastinators who want to get stuff done.

Amano Flower Essence

Amano Essence helps you to clear and calm the mind, helping to silence the constant mind chatter of a busy brain.

Visit the Shop

