



In 2011, a landmark study was published in the Clinical Neuroscience and EEG Journal regarding the use of EEG biofeedback for migraine headaches (Walker, 2011). This 71 patient study reviewed the impact of migraine headaches on those who suffer from them, which included the following: **28 million Americans** suffer from migraines including 18% of all women and 6% of all men. **Only 29% of those suffering from migraines are very satisfied** with their current treatment. More than 1/3 reported the treatment they received was associated with too many **side effects**.

Fortunately, EEG biofeedback was found to have a significant impact on the frequency and intensity of migraine headaches. For those who used neurofeedback, the majority (54%) experienced **complete cessation** of their migraine headaches, and many others (39%) experienced a **reduction** in migraine frequency of greater than 50%. As such, it strongly appears that neurofeedback can have a significant effect in abating or stopping migraine headache frequency in patients who struggle with this condition.

**Call 1-800-850-0535 to schedule**

**[www.readytofocus.com](http://www.readytofocus.com)**

*Our daughter had very bad migraine headaches that she was on medication for to help prevent them. She is now off her migraine medication and the headaches are almost non-existent.*

Parent of child who completed Ready To Focus

*I had terrible headaches just about every day for the better part of a decade. I tried doctors, chiropractors, and several other things and nothing seemed to help. It was getting a bit frustrating. At my first neurofeedback session I literally felt certain muscles in my head relaxing during the session and when I got done I knew that I had found the key to fixing my headaches. I was able to discontinue the use of the beta-blocking medication that would occasionally give me some relief, because I just didn't need it anymore!*

Adult who completed Ready To Focus



