

HOMEOPATHY OAKLAND

ABDOMINAL & DIGESTIVE MIGRAINES

CAUSES

- Research indicates neurological, hormonal or chemical changes in the body
- Histamine or serotonin level changes have been indicated
- A family history of migraines
- Foods rich in nitrates such as bacon, hot dogs sausages, MSG, chocolate
- Stress or anxiety may contribute to abdominal migraines

HOMEOPATHIC TREATMENT

- ★ Keeping a migraine diary can help identify environmental causes
- ★ The syndrome is often caused by the many types of stress.
- ★ Homeopaths can help you or your children deal with the stressors in your life
- ★ Homeopaths have remedies that improve individual symptoms (see reverse page)

☎ 510.516.1334

✉ edi@homeopathyoakland.com

SYMPTOMS AND CAUSES/TRIGGERS

- A. Children are the most common sufferers. A family history of migraines often contributes.
- B. The pain can be severe and is centered in the middle of the abdomen around the belly button.
- C. Pain can come on without warning and last anywhere from an hour to several days.
- D. Having no energy or appetite. Feel drowsy or nauseous. Excessive yawning.
- E. Pale or flushed skin and/or dark circles around the eyes.
- F. Abdominal migraine can be preceded by auras similar to those present in migraine headaches. Including vomiting, nausea, and photophobia, a heightened sensitivity to light.

WHAT ALLOPATHY SAYS

- The usual anti-migraine medications and other over-the-counter medicines may help reduce the symptoms, although there is no single medication that has proved effective,
- Ordinary anti-migraine medication is often not suitable for children.
- Older children have been successfully treated with triptans such as Sumatriptan, although these drugs are not approved for younger children.
- Sleep is often the best medicine, and some antihistamines work for some children.
- Other forms of treatment may include beta-blockers or anti-seizure medications.

See reverse for some remedies that can help ->

HOMEOPATHY OAKLAND

ABDOMINAL & DIGESTIVE MIGRAINES

CAUSES

- Research indicates neurological, hormonal or chemical changes in the body
- Histamine or serotonin level changes have been indicated
- A family history of migraines
- Foods rich in nitrites such as bacon, hot dogs sausages, MSG, chocolate
- Stress or anxiety may contribute to abdominal migraines

HOMEOPATHIC TREATMENT

- ★ Keeping a migraine diary can help identify environmental causes
- ★ The syndrome is often caused by the many types of stress.
- ★ Homeopaths can help you or your children deal with the stressors in your life
- ★ Homeopaths have remedies that improve individual symptoms (see reverse page)

☎ 510.516.1334

✉ edi@homeopathyoakland.com

REMEDIES THAT CAN HELP

Phosphoric-acid

The child who most often needs this remedy has been growing quickly and has a very quick metabolism. Their symptoms often begin after a loss that they won't talk about and/or can't process. Perhaps a child whose parents are divorcing or for whom someone close has died. They may have sickening abdominal pain around the umbilicus. They have nausea that gets worse in open air. The abdomen feels heavy with burning pain after eating. Gassy farting. Abdominal colicky pain as if umbilicus drawn inward. With these symptoms, the person becomes exhausted and doesn't want to do anything, may be apathetic and lethargic. Wants to be left alone and happiest playing video games or on their screen.

Colocynthis

Pain is violent, neuralgic, and may be described as pressing, sore, squeezing, pinching, stitching, cutting, or twisting. They feel worse after stool, walking, eating, laughing, eating, anger, indignation, vexation, and eating fruit causes cramping pain. They feel relief from pressure, bending over, especially bending over something(a seat back or couch).They have strong opinions and may be a very rule-bound child. Get easily humiliated from small things, easily offended. Their abdominal migraine symptoms may start after any kind of contradiction or indignation. They become restless and irritable with the pain.

Nux Vomica

Cramps and cutting pain are the usual type of abdominal pain for people needing Nux vomica. Eating often makes the cramping pain worse, especially overeating sweets or drinking caffeine. They may have a feeling of a heavy stone in the stomach after eating, a feeling of bloating and a lot of gas. Symptoms during an abdominal migraine may include nausea and vomiting which can be brought on from the pain and from any intense anger. Warmth and warm drinks helps them feel better. People who need Nux vomica tend to be easily angered and irritable, competitive, and work hard to be the best. They are especially sensitive to odors, light and noise.

Homeopathic Treatment

People who are diagnosed with Abdominal Migraine need constitutional care with a qualified homeopath in order to have the symptoms improve enough to eventually go away and avoid the likelihood of headache migraines in the future. The above homeopathic remedies can be helpful, but the syndrome is often caused by emotional stress, so helping your child deal with stress is key. Classical Homeopathy can do that.