

Migraines: A Symptom of Body Love
Arnold N. Kauffman

The memories of past generations...The memories of today...A simple reminder that this “migraine does not go away.” These were the words of Paul. So, I heard his words. I saw and could feel the pain in his face. I listened as he spoke. There was no doubting that Paul was in a serious health crisis. Whatever was going on in his life- good or bad, whether making or losing money- was insignificant. Paul knew that his migraine was completely sabotaging his health, thoughts, and overall sense of being. Paul clung onto the hope that this would soon pass, just as everything had so many times before. He truly thought that was all he could do.

All of this was happening on a Sunday afternoon. Paul’s migraine had no intention of fading away any time soon. He was losing hope, never knowing or ever believing that he does not need to live this way.

It is on this note that we begin discussing what a migraine is. Paul’s migraines were his reality. The pain, suffering, and truly believing that his only hope was in a pill capsule. Many, seemingly endless, trips to the doctor’s office was his only reality- or so he thought.

It was his words and his reality that I began to challenge. *In my opinion*, migraines are simply a sign of *body love*. Your body contains 75 trillion cells and never ever makes a mistake. Every movement, every action, every twitch...from the tiniest cell reaction to your body’s major defense mechanism to protect your brain cells (closing the artery walls so that your brain cells are not destroyed by the toxins caused by poor dietary choices)...the migraines that Paul and so many others experience are the result of the body’s incredibly unique and meticulous design. It was all based on love. Paul’s body love did not want the toxic waste that he was eating to destroy his brain.

Cooked foods are void of nutrients. Once a food is cooked, processed, baked, stir fried, or microwaved, the vitamins, minerals, proteins, fatty acids, and water are destroyed. If a body has a strong enough immune system, the body can either isolate, destroy, or eliminate. This, my friend, is a migraine. It’s the body’s intelligence protecting our brains, so it won’t be destroyed.

So, I explained to Paul how lucky he was to have a migraine, because the alternative is much, much worse.