

# HSI HEALTH SCIENCES INSTITUTE

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## Stop your migraines before they start with this secret mixture of ancient Chinese herbs

by *Melissa Hickie*

“They’re just headaches, right?”

If you get migraines, you understand how hard it is for non-sufferers to understand what you go through. The inescapable agony. Feeling sick to your stomach. The wincing agony of bright light.

But, as for me, I feel your pain.

You see, for a couple of years in my late teens I suffered from severe migraines. I would spend entire days in severe pain. I can remember it like it was yesterday...nothing would relieve the torment. Not lying down. The pressure of the pillow was like hot steel digging into my skull...the smallest amount of light would bring me to tears.

I was lucky. My headaches ended as I entered my twenties. I pray you were as fortunate.

But if you weren’t, take heart...

### **Danny Johnson’s secret formula could free you from migraine hell...for good**

Danny Johnson. Just a normal guy.

Danny worked in the computer industry out in Santa Cruz, California. He led a nice enough life, except for one thing...

Frequent, terrible migraine headaches.

Danny tried everything...Antibiotics. Painkillers. Antidepressants. Blood pressure medication. Mainstream medicine threw everything it had at his problem and—surprise—none of it did much good.

Danny tried to accept that he was faced with a life of chronic pain. But he felt a bit like he was coming to the end of his rope.

As luck would have it fortune smiled on Danny. And it came from an unlikely source. One day, Danny mentioned his migraines to his martial arts instructor, who, it happened, was also an acupuncturist. He suggested Danny give acupuncture a try.

After just a couple sessions, Danny’s headaches were significantly reduced.

In fact, he was so impressed with what acupuncture had done for him that he quit his job in the computer industry and went back to school for a Masters degree in Traditional Chinese Medicine.

As Danny built up a successful acupuncture clinic, he started hearing from more and more people who couldn’t beat their migraine headaches. Knowing that taking pain killers means playing the waiting game—hoping that they kick in and give some, small relief—Danny chose a different approach. He wanted to get at the root of what *causes* migraine pain.

So he turned to his education in Traditional Chinese Medicine. Using what he’d learned about the healing properties of many Asian herbs, Danny began to develop a natural formula that his patients could boil as a tea. This simple brew, taken home in a plain brown paper bag, turned out to be very

effective at preventing migraines and tension headaches.

As he saw more and more of his patients start to get their lives back, Danny knew he had to bring this formula to more people. What he developed became Miverta, a safe and effective blend of herbs targeting the causes of migraine pain.

### **A formula so safe that most of the ingredients are found in traditional Chinese cooking**

Miverta is not meant to be an herbal painkiller or substitute for over-the-counter pain relievers like ibuprofen. All those painkillers do is buy you time until your next attack. Instead, Miverta is a preventative supplement, intended to be taken for 2-3 weeks at a time to actually prevent the headaches.

The proprietary combination of herbs in Miverta is the key. Rather than using single herbs, as is often done in Western herbalism, traditional Chinese herbal formulas are usually blends. Each ingredient plays a vital role in the formula’s effectiveness and safety.

Miverta is made of a blend of seven celebrated—though rare in the US—Chinese herbs: chrysanthemum flower, lyceum fruit, Sichuan Lovage, Dong Quai root, Gastrodia Rhizome, mint leaf, and Kudzu root.

While there are no clinical trials on Miverta’s formula, there have

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been numerous tests on most of the individual components that make up the blend. Kudzu root and Dong Quai both scored an 83% effectiveness rating against migraine headaches in two separate trials.<sup>1,2</sup> Sichuan Lovage had a total effectiveness rating of 88% in another study concerning migraine headaches.<sup>3</sup> In a trial treating patients for nervous headache, the herb had an effectiveness rating of 94%.<sup>4</sup>

Traditionally used to treat the liver, which in Chinese Medicine is associated with stress and anger, chrysanthemum flower has been used in Western herbalism to treat circulatory disorders and eye pain. In a study of 164 patients with coronary artery disease, 86.5% of patients improved based on symptom evaluation.<sup>2</sup> In another trial concerning 46 patients with hypertension and atherosclerosis, 35 of the patients saw improvement in symptoms such as headache and dizziness within just one week.<sup>5</sup>

Of course, with the focus of

Traditional Chinese Medicine being on blends rather than single herbs, I was anxious to find out how these herbs work in conjunction in Miverta. Unfortunately, no clinical trials have been carried out on the product.

This isn't unusual. As you know, HSI scours the globe to find you the latest breakthroughs in fighting disease. And many of them are produced or sold by small organizations, without the tens or even hundreds of thousands of dollars necessary to conduct a full clinical trial. Without the deep pockets of Big Pharma to support the research, many of these astounding underground cures would never see the light of day if it weren't for HSI.

But before we tell you about any new breakthrough, we want to know if it works. And if you don't have clinical trials to turn to, who do you ask? You ask the people who actually use the product, that's who.

When it comes to Miverta, that response from those who use it has been overwhelmingly positive. Users of Miverta praise it for lessening the pain and frequency of migraine headaches, and in quite a few cases, actually getting rid of the headaches all together.

Jane from northern California reported that she has been suffering from tension headaches and migraines for most of her life. In her words, "Miverta has been the first formula (prescription or non-prescription) that has actually alleviated the headaches and my quality of life has improved."

Karilee, a nurse also from California, has been suffering from migraines for 25 years. For her, she said, Miverta "has been a godsend." She also reported that she has had no adverse side effects.

If you would like to try Miverta for yourself, ordering information is in the Member Source Directory on page 8.

*Citations available upon request and on HSI website*

## MEMBER SOURCE DIRECTORY

**Miverta**, [www.miverta.com](http://www.miverta.com). One bottle of sixty capsules is US\$24.99. This will usually last 15-30 days when using the recommended adult dose. Newly available is an organic version, which is US\$29.99 for 75 capsules.

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