

Unlock the **Mystery** of Your **Migraine**

Guidance List

Direction- Instruction- Preparation

Please take some time to read the Guidance List carefully and get yourself familiar with the process of The "4Bs" preparation.

#1 KEY SUCCESS

5 Ground Rules to Turn a Migraine Off Before it Starts

1. Make the most of your effort to reach out The "4Bs" to get an instant turnaround.
2. Keep The "4Bs" visible and at your side to win the battle.
3. Take The "4Bs" at the FIRST signs and stage to receive good result in no time.
4. Give your body what it desperately needs-depleted essential nutrients (The "4Bs") immediately to experience an instant positive transformation.
5. Replenish and rebuild your lost homeostasis (biological imbalance) by taking The "4Bs" to get your body system back into function.

#2 KEY SUCCESS

Prepare The "4Bs"

1. Get all bottles out of their cartoon boxes
2. Spread a big towel on the dining table
3. Start to distribute tablets in 30 piles following the doses shown in The "4Bs" Kit Components sheet

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4. After you assembled tablets save each pile into a small 'easy dose' Ziploc bag. These mini bags can be found in a drugstore, Rite Aid.
5. Now, The "4Bs" application is ready for your use anytime you need it. Save all applications into a tight closed glass container and keep it handy and visible. Remember to keep some in your purse. Consider each application as your 'saving kit'. It must accompany you like your own shadow wherever you are and wherever you go.

#3 KEY SUCCESS

Quick Action at the FIRST Signs

Because every moment counts...dominating a migraine is a RACE against time before it attacks.

Be aware! A headache may commence during the aura. Acting quickly as possible taking The "4Bs" at the FIRST signs and stage is the key to turn off a migraine.

Teach and train your mind to believe in The "4Bs" as your 'saving kit' you can count on. Also take these words into your heart and bind them at your wrist as a sign, to experience an instant turnaround.

Remember!

The "4Bs" works ONLY at FIRST signs and Stage of a migraine:

Set off Stage: It's the first stage of a migraine, according to "*Con and Con Current Diagnosis-6*" book by Howard F. Conn, MD and Rex B. Conn, Jr., MD. The set off stage or the Prodromal Phase could be hours up to a day before the attack.

Aura Stage: It could be an aura where this refers to neurologic warning of the headache. Aura occurs before your headaches as you may know and can last 10 to 60 minutes.

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NOTE:

Acting QUICKLY at the beginning of a migraine- set off stage- is the KEY to stop a migraine from running its course.

Do not:

Ignore

Procrastinate'

Or Deny any of the FIRST signs otherwise it'll be TOO late!

The "4Bs" holistic therapy protocol is to support and correct the disharmony that initiates the activity of a migraine at the first place...

No more thoughts of '*I have to live with it...*'



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