

## QRS application for migraine

Dr. Med. Wolfram Haas, a German doctor with a clinic close to Frankfurt and very experienced with QRS, has provided additional practical advice for the treatment of migraine.

- a. The pain of migraine appears when cerebral vessels first narrow and then dilate. This triggers the pain receptors. 20% of patients have feelings of depression, irritation, nausea, loss of appetite or restlessness 10 to 30 minutes before a migraine attack. This is the time when QRS can be used on setting 1 to relax the patient and the vessels. The patient should lie quietly, the mat applicator should only reach up to the shoulder and not lie under the head. The therapy should be 3, 4 or even 5 x 8 minute therapies in a row on setting 1 until a light relaxation is experienced. Then it should be stopped immediately to let the process of self-healing progress.
- b. 90% of acute migraine patients have vasodilatation and therefore need to be treated with high settings to stimulate the sympathetic nervous system and create vasoconstriction (Pharmaka: Imigran, serotoninagonist). The pillow applicator should be used behind the head. A setting between 8 and 10 is selected and 2 or 3 x 8 minute therapies in a row should be applied.
- c. In the event that the use of high settings does not provide a positive effect, use the QRS on low settings because the migraine will be a migraine with vasoconstriction.

Remember to drink plenty of water.

Experienced QRS users will be very surprised at the above information. Previously the pillow was never to be used on higher than level one behind the head. QRS is very much a results based therapy and original cautions have been reduced as experience has demonstrated good results without side effects. The pillow applicator can also be used for toothache at high levels.