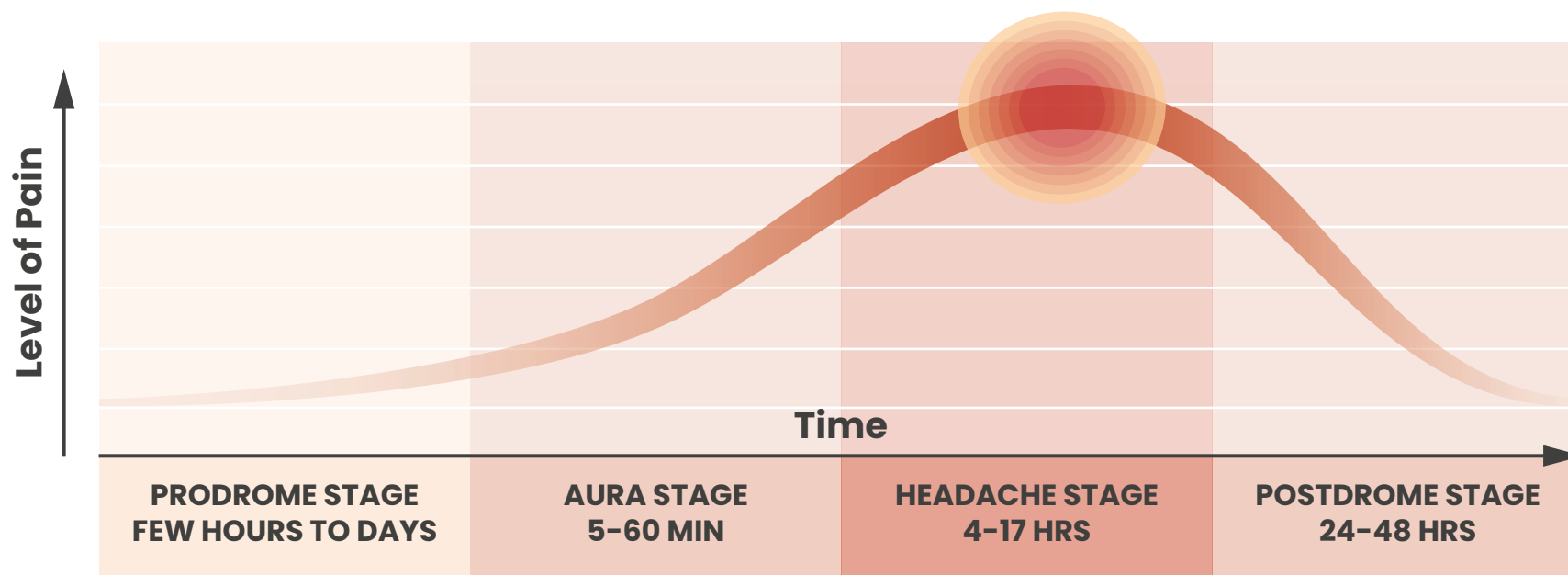


# Stages of a Migraine



- Irritability
- Depression
- Yawning
- Increased need to urinate
- Food Cravings
- Sensitivity to light/sound
- Problems concentrating
- Fatigue & muscle stiffness
- Difficulty in speaking and reading
- Nausea
- Difficulty sleeping

- Visual disturbances
- Temporary loss of sight
- Numbness and tingling on parts of the body

- Throbbing
- Drilling
- Icepick in the head
- Burning
- Nausea
- Vomiting
- Giddiness
- Insomnia
- Nasal Congestion
- Anxiety
- Depressed mood
- Sensitivity to light, smell & sound
- Neck pain and stiffness

- Inability to concentrate
- Fatigue
- Depressed mood
- Euphoric mood
- Lack of comprehension