A chink in the armor of the never-ending migraines?

written by Holly
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I’m not here. It’s Saturday, and I take Saturdays off, so I’m not here.

Which is the perfect way to note that I haven’t had a migraine in a week. It has also been not here.

Matt did a bunch of research, and about two weeks ago, we started trying something he came up with to fix this (after trying everything else **except** medication).

It took about three days to notice results, and another few days for the migraine to go. And after one accidental encounter with the problem substance, I had a brutal migraine the next day…but that cleared by getting back to what I was doing that was working.

Not ready to say more. One week is not enough to declare causation.

But correlation is there.

Going back to my day off.

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