

## Just Natural Advanced Headache Formula

### 1. Ingredients

Ligusticum chuanxiong, Gastrodia elata

### 2. Dose and usage

Three capsules for each time and three times daily; one month is a treatment course and the capsule can be taken for long term.

### 3. Overview

In the lifetime of a person, it is nearly impossible that someone has no experience of headache. Early in 50s in 20<sup>st</sup> century, there was somebody investigating healthy population. It is found that more than 70% of them had experienced headache which still could be recalled, and 10%-18% of the adults with headache needed to visit doctor for diagnosis and treatment. Therefore, it is thus evident that headache is very common in clinics or daily life.

Headache indicates the pain on head, generally the pain around fornix of the skull. There are various reasons inducing headache, when pain sensitive tissues of head (scalp, hypoderma, vessels, muscle, peripheral nerve, peripheral nerve and cerebral dura mater) are stimulated by physical factors (traction, cut, press, stretch or displace), chemical factors or infection and tumors, etc., abnormal nervous impulse will be generated, and these pulses would conduct to central nervous system and finally cerebral cortex by conduction tract, and headache can be sensed.

According to the difference of etiological factors inducing headache, headaches can be divided into two categories: secondary headache (organic headache) and primary headache (functional headache). Organic headache always has the definite causes, such as headache induced by hypertension, or induced by intracranial space occupying lesion. For these headaches, just find the corresponding diseases and treat, the headache would spontaneously disappear. Primary headaches include hemicrania, tension headache, nervous headache, and cluster headache, etc. For these headaches, western medicine can not find the definite causes, and there is no good radical method.

TCM has unique superiority in treatment of primary headache, and it is believed that headache is mostly induced by wind, phlegm, dampness, stasis and deficiency, while the treatment should dispel wind, dissipate phlegm, eliminate stasis and tonify deficiency. The relevant TCM theory is that, "stasis and invalidism will be induced after invalidism", so dissipating stasis and tonifying deficiency are the final common pathways, and they are necessary to treatment long term or refractory headache. Disperse blood stasis and dredge collateral, invigorate vital energy and nourish blood, thus to radically cure headache. The prescription of Just Natural Advanced Headache Formula is a special drug summarized according to the TCM theory that determine the treatment based on the differentiation of symptoms and signs, and the long term clinical practice. It can promote blood circulation to dissipate blood stasis, calm the liver to stop the wind, invigorate vital energy and nourish blood. The capsule is mainly suitable to functional headaches such as vascular headache, tension headache, cluster headache and hemicrania, etc., and dizziness and hemianesthesia, etc.

The major ingredients of **Just Natural Advanced Headache Formula** are szechwan lovage rhizome and gastrodia rhizome. The prescription was firstly recorded in General Collection for Holy Relief compiled in Song dynasty more than 1000 years ago, which is specially designed to treat various headaches and dizziness, the effect is definite, especially for the severe headaches lasted for many years, sometimes the drug can radically cure the headache, so it is really a good drug to radically cure headache. It is really not easy for a drug to be used for more than 1000 years.

**Just Natural Advanced Headache Formula** has modified the drug dose and preparing technique, and the pharmacological action is studied. It is certain that the therapeutic effect of **Just Natural Advanced Headache Formula** is not inferior to the traditional prescription, in some aspects, the capsule is even superior to the traditional prescription.

#### 4. How can **Just Natural Advanced Headache Formula** treat headache? (How to work?)

##### 4.1 Knowledge of TCM

TCM believes that headache is mostly induced by wind, phlegm, dampness, stasis and deficiency, while the treatment should dispel wind, dissipate phlegm, eliminate stasis and tonify deficiency. The relevant TCM theory is that, “stasis and invalidism will be induced after invalidism”, so the stasis dissipating and deficiency tonifying are the final common pathways, and they are necessary to treatment long term or refractory headache. Eliminating wind and stopping endogenous wind also should be applied, “evil wind is the first cause of all diseases, which is good at moving and frequently changing”, which means that diseases are mostly caused by evil wind. **Just Natural Advanced Headache Formula** can radically cure headache by activating blood to dissipate stasis, invigorating vital energy to nourish blood, and calming the liver to stop the wind.

##### 4.2 Explanation in modern western medicine

It is indicated in modern pharmacological study that, **Just Natural Advanced Headache Formula** has the following pharmacological actions:

(1) Eliminate vasospasm and adjust vascular function. Functional headache is generally induced by spasm and functional disorder of cerebral vessels, and there is no obvious change when detected with CT scanning. **Just Natural Advanced Headache Formula** can regulate the 5-HT receptor in brain by two-ways, and it can effectively exert its vasomotorial effect, correct the vasomotorial disorder and spasm of cerebral arteries, eliminate the severe pain induced by vasomotorial disorder, spasm, traction and insufficient blood supply, thus to radically cure headache.

(2) Improve microcirculation disorder and reinforce rheological properties of blood. **Just Natural Advanced Headache Formula** can significantly improve the microcirculation system of human body and the blood supply disorder of cerebral vessels, make blood flow in brain smooth, and completely remove the causes of headache, and cure headache radically.

(3) Work against platelet adhesion and aggregation, resist thrombopoiesis and dissolve thrombus. It has been confirmed in experiments that, **Just Natural Advanced Headache Formula** has obvious effect in activating blood to dissipate stasis, and it has strong inhibiting effect against human platelet aggregation, and it can resist thrombopoiesis and dissolve thrombus.

(4) Lower blood pressure, sedate and alleviate pain. **Just Natural Advanced Headache Formula** broadens vessels and lower blood pressure by resisting calcium ion flowing into vascular smooth muscle, and it also has sedating and analgesic effect.

(5) Anti-inflammatory and bacteriostatic action. In some experiments, it is found that **Just Natural Advanced Headache Formula** can resist inflammatory reaction and inhibit bacterial growth to some extent.

It is confirmed in modern western medicine that, **Just Natural Advanced Headache Formula** mainly exerts its unique therapeutic effect against headache by the above-mentioned pharmacological mechanism, especially primary or functional headache.

## 5. Indications of **Just Natural Advanced Headache Formula**

### 5.1 Various headaches

Headache is common, but not many people know the headache type of their own, and there are even less who know the accurate type. It brings great problem for people, who do not know what type is their headache, and they will use incorrect drug, and best treating opportunity would be missed, and many troubles would be brought out.

#### (1) Definition

Headache indicates the pain on head, generally the pain around fornix of the skull. According to the difference of etiological factors inducing headache, headaches can be divided into two categories: secondary headache (organic headache) and primary headache (functional headache). Organic headache always has the definite causes, such as headache induced by hypertension, or induced by intracranial space occupying lesion. For these headaches, just find the corresponding diseases and treat, the headache would spontaneously disappear. Primary headaches include hemicrania, tension headache, nervous headache, and cluster headache, etc. For these headaches, western medicine can not find the definite causes, and there is no good radical method, but this is the place where traditional Chinese preparations could exert their unique effects, such as **Just Natural Advanced Headache Formula**. In principle, all kinds of headaches can use **Just Natural Advanced Headache Formula**, but its effects against primary headache are outstanding and unique. For secondary headaches, under the prerequisite that the headache is definitely diagnosed, **Just Natural Advanced Headache Formula** can be used combining with etiological treatment.

#### (2) Etiological factors:

In the aspect of causes of headache, many diseases can produce headache, among which diseases on head can cause headache, and general diseases can also cause headache.

1) Intracranial diseases inducing headache: \_ intracranial space-occupying lesions, such as cerebral tumors, brain abscess, brain hemorrhage, brain parasite disease, etc. \_ Intracranial infection, such as encephalitis, meningitis, meningoencephalitis, arachnoiditis of brain, etc. \_ Intracranial hypertension. \_ Intracranial pressure \_ Cerebrovascular diseases, such as hypertension, hypertensive encephalopathy, cerebral hemorrhage, cerebral infarction, subarachnoid hemorrhage, arteriitis, cerebral vascular malformations, phlebitis. \_ Craniocerebral traumas, cerebral concussion, contusion and laceration of brain, intracranial hematoma. \_ Headache epilepsy. \_ Cluster headache, etc.

2) Organ diseases of head and neck can induce referred headache, and the commonly seen eye diseases

include: \_refractive errors and accommodative dysfunction, visual fatigue may be easily induced, such as headache, eye distending, ophthalmalgia, these conditions are easier to happen after reading for a long time, watching TV, or use eyes in extremely shaking car, ship, etc. \_ Eye muscular imbalance may induce headache. \_Intra-ocular tension quickly increases in patients with glaucoma, and severe headache can be induced, and nausea, vomiting, asymmetric pupils, etc. may be present. \_ Acute optic neuritis. \_Tolosa-Hunt syndrome, a non specific infection of intracranial arteries, displays a continuous drilling pain behind eye socket on one side, and there may be damage of oculomotor nerve, pathetic nerve, abducent nerve, first branch of trigeminal nerve. \_acute posterior ganglionitis of ophthalmic branch of trigeminal nerve, which is induced by varicella - zoster virus, can induce headache on the affected side. \_ In addition, conjunctivitis, dacrocystitis, adenosynchitonitis, hordeolum, keratitis and scleritis may cause headaches sometimes.

3) Common aural diseases inducing headaches: \_Auricle furuncle and phyma. \_ Acute Hunt syndrome. \_ Acute and chronic purulent otitis media, mastoiditis.

4) Common nasal diseases inducing headaches: \_ Vestibulitis of nose, acute and chronic rhinitis. \_ Sinusitis. \_ Nasopharyngeal carcinoma, etc.

5) There are still many general diseases which can induce headaches: \_ Infective or febrile diseases. \_ Respiratory diseases, such as cold, emphysema, bronchiectasis, pulmonary functional defect, etc. \_ Digestive diseases, such as dyspepsia, obstipation, acute or chronic gastroenteritis, ulcerative colitis, etc. \_ Urinary diseases, such as acute or chronic nephritis, urinemia, renal inadequacy, renal hypertension. \_ Altitude headache, hypoglycemia headache, sunstroke headache. \_ Intoxicating factors, in intoxication caused by various poisonous substances, such as lead, manganum, chlorine gas, carbon monoxide, carbon dioxide, benzene, etc., headache is commonly seen. In addition, headache of different degree may be induced by organophosphorus pesticide, drug poisoning and food poisoning. \_ Headache may be induced by anemia caused by different reasons, hyperthyroidism, neurosis and various connective tissue diseases.

It is thus evident that, many reasons can cause headaches, and the pathogenic mechanisms are complicated, and pain degrees are varied. However, there is no correlation between pain degrees and the severity of the primary diseases, even slight headache may incubate a severe disease, while there may be no big problem examined for an extremely severe headache. Not all cerebromas would induce headaches, while patients with neurosis may seek for help all over the country for their headaches.

### (3) Precautions for diagnosis and treatment

Under many conditions, patients with headaches should go to visit doctor. For example: \_ abrupt severe headache, unbearable for people. \_ People with headache have pyrexia. \_ People with headache have mental disorder or confused state of mind. \_ Post cranial traumatic cephalgia. \_ Headache combined with regional pains in five organs. \_ Headache abruptly happened in old people. \_ Recurrent headache happened in children. \_ People whose headache influence daily life. \_ Headache in every day and attacked frequently. \_ The patient has the headache for a long time, but its nature or pattern changes recently. \_ Any headache aggravated after cough, defecation and bow. \_ Patients with headache have nausea, vomit and decreased vision. \_ Headache is so severe that it can awake people from sleeping. \_ Patients with headache have symptoms in trunk or four limbs. \_ People with headache have vomit, hard neck and nape. \_ Patients with headache have tic of limbs.

## 5.2 Hemisrania

### (1) Definition

Hemisrania is a disease with periodic episode which has a family tendency, and its manifestation is lateral pulsatile headache, combining nausea, vomit and intolerance of light. After a period of intermission, it would relapse.

In silent and dark environment, or after sleeping, the headache would be alleviated. Nervous or psychological disorders may accompany before headache or during the attack.

#### (2) Classification

According to the symptoms, hemicrania can be divided into different categories, such as hemicrania with no aura, hemicrania with ophthalmoparalysis, and retinal migraine, etc.

#### (3) Etiological factors

The reasons for this disease is not clear, but about 50% of the patients have family history. For female patients, the hemicrania tends to attack before menstrual onset, and the attacking times would decrease after pregnancy, which suggests that the onset may be related with endocrine or water-sodium retention.

(4) Remote causes: mental strain, excessively tired, sudden change of climate, stimulation by highlight, shining by scorching sun, hypoglycemia, vasodilator agents or reserpine, food with high, alcoholic drinks, these conditions all can induce hemicrania.

### 5.3 Tension headache

#### (1) Definition

Tension headache is the most common chronic headache, which has been called muscle contraction headache, or psychogenic and myogenic headaches, or common headache and simple headache, etc. According to the tension and heaviness around head induced by sustained contraction of muscle in neck and head-face, the patients usually describe it as “strapping sense” or “like something wrapping head”. However, according to the international classification, psychogenic and myogenic headaches are all named tension headache, which suggests that tension headache is closely related to muscular and psychological tension. In addition, the usually mentioned nervous headache, psychogenic headache or neurotic headache can all be divided into this category.

#### (2) Etiological factors

Generally speaking, tension headache onsets before 50 years old, and it is more common in females, sometimes it may combine with hemicrania, which is called “mixed headache”. The pathogenic mechanism of tension headache is still not clear, but from the aspect of psychological perspective, it is induced by anxiety and melancholy. From the aspect of nervous pathophysiology, it is different. The serum potassium ion concentration increases, and transportation of potassium ion would have problems, the adrenergic nerve is excited, the body would produce 5-HT and catecholamines, vasoconstriction and muscle spasm would be caused, and thus to induce persistent myalgia in head and neck.

For tension headache, influence of psychological factors is obvious. Though many patients will not recognize, they emphasize that “I am relaxed, no tension at all”. In fact, many patients with tension headache are under the anxiety conditions, there are psychological tension and unstable emotion. Many factors in society, working and life can directly influence psychological activities, such as promotion, raise of pay, not ideal examination results, quarrel between couples, job shift, house moving, marriage or divorce, or tension of interpersonal relationship, etc. In addition, the pain of patients with tension headache is persistent and hard to be cured, they always look for good treatment all around, the anxiety and restlessness can not be alleviated, headache would be aggravated, and vicious cycle is formed. Therefore, patients with tension headache should strengthen their resistance to stress, make their mind open, and adjust their attitude timely, thus to eliminate anxiety and melancholy. This will do good to alleviate headache.

In addition, some adverse poses have great influence to tension headache, such as bending neck for long term, bowing head (typist, accountant, tailor, etc.), continuous frowning, biting teeth, tight hat, gliding glasses, etc. can cause the chronic and persistent muscle contraction on head and neck, thus to induce headache.

#### 5.4 Cluster headache

##### (1) Definition

There are many names for cluster headache. In 1926, some people called it as periodic hemicrania like nerve pain, after that, it was called ciliary neuralgia, histamine cephalgia, Horton syndrome, erythema facial pain, Raeder's syndrome. There was also a textbook considered it as a subtype of hemicrania, called migrainous neuralgia. All these facts indicate that cluster headache is similar in some points with hemicrania, but there are also many different points. The incidence of cluster headache is lower than that of hemicrania, most of the patients are males with onset ages between 20 and 50 years old, averagely around 30 years old. This headache has no relation to menstruation, and patients with family history are less than that with hemicrania. Some factors can obviously induce the onset of cluster headache, such as ethanol, nitroglycerine, histamine, cranial trauma, etc., and ethanol, triglyceride and histamine can be used to perform provocation test. About half of the patients with cluster headache are sensitive to ethanol during the diseases, and they would recover to be normal in intermission. This character has diagnosis significance for cluster headache.

##### (2) Clinical manifestation

Main clinical symptoms of cluster headache: in certain period, a series of severe headaches with no aura; paroxysmal and explosive, focused around one lateral orbit; oriented to time, and usually at night; lasting for half an hour to 3 hours for each time, lasting for a few days or several months (so called cluster); severe pain, unbearable, patients may knock on his head and knead in the affected region; usually with conjunctival congestion on one side, lacrimation, nose running, palpebral edema, facial perspiration, etc. The character of the headache is that it sets on suddenly and disappears suddenly, and there seems to be periodic for every year's on set.

#### 5.5 Epileptiform neuralgia

##### (1) Definition

Trigeminal nerves are the V cranial nerves, of which the nerve fiber is mainly distributed on head and face on the two sides. The specific sites: ramus ophthalmicus is the first, which is distributed in forehead, root of nose, upper part of eye socket, cornea and nasal mucosa. Ramus maxillaris is the second, which is mainly distributed in lower part of eye socket, buccal division, nasal wing, upper lip, top oral mucosa, maxillary tooth and gums. Ramus mandibulae is the third, which is distributed in dura mater of middle cranial fossa, vacuole of mamillary process, bottom of oral cavity and membrane of tongue, alveolus of inferior dentes, jaw joints, parotid, lower lip, mental region, lateral of cheek, temple, region before earlap, and skin of partical acoustic duct. Epileptiform neuralgia is the severe paroxysmal pain recurrent in the region dominated by facial trigeminal branches, which will last for several seconds or minutes, like pain flashing. Some times it may be induced by touching certain part on face (trigger point).

##### (2) Classification

Epileptiform neuralgia can be divided into secondary and primary neuralgia. No etiological factors can be found for primary epileptiform neuralgia, and it may be induced by the following factors: \_ Vascular pressure. After the long term close contact between internal carotid artery and ganglion of trigeminal nerve, trigeminal nerves may be

pressed and pain is induced. \_ Mechanical pressure, it may be caused when crest of os petrosus presses root of trigeminal nerve. \_ Ischemia, arteriosclerosis can easily happen in old people, which may induce the inefficient blood-supply and ischemia in neurons of ganglion of trigeminal nerve. \_ It may be caused by the stimulation by toxin, gas, breakdown product and metabolites of infected micro-organism.

The common etiological factors of secondary trigeminal neuralgia include: \_ Diseases of brain stem, which may be induced by syringobulbia, angionosis, infections, multiple sclerosis and tumor, etc. Except for disease of trigeminal nerves, there are also manifestations of structural lesions in brain stem. \_ Pathological changes of trigeminal nerves, which is mainly induced by cerebellar tumor and arachnitis, etc., and there should be sense and movement defects in the distributing area of trigeminal nerves. \_ Pathological changes of ganglion of trigeminal nerve, which may be induced when tumor of base of skull, gliosarcoma in lower part of temporal lobe, metastatic tumor, basilarachnitis and acute posterior ganglionitis, etc. invade the ganglion of trigeminal nerve. \_ Pathological change of root of trigeminal nerve, including orbital tumor, superior orbital fissure syndrome, diseases of cavernous part, and these changes can invade into root of trigeminal nerve and produce epileptiform neuralgia. For secondary epileptiform neuralgia, the etiological factors usually can be found, and the treatment can only be oriented after the etiological factors are found out.

The trigger points of epileptiform neuralgia mentioned above mostly lie in snout region, such as regions beside nose, upper or lower lip, upper or lower gum, buccal division, eyebrow, etc. Epileptiform neuralgia may be induced if these sites are gently touched. In addition, there are many activities in daily life can induce epileptiform neuralgia, such as talking, eating, cough, washing, shaving, brushing teeth, yawning, cold wind blowing on face, or even the movements of head. So it is painful, the patients dare not to speak, wash and gargle, they eat less, and are careful for all the movements of themselves, to avoid pain induced carelessly.

## **5.6 Headache induced by cervical syndrome**

### **(1) Definition**

People over 40 years old usually have cervical syndrome, and they have symptoms such as headache, dizziness, numbness of shoulder and neck, etc.

### **(2) Etiological factors**

Aging, externalization and long term bending, these working and body factors can induce the degeneration of cervical vertebrae, which usually make the intervertebral foramen become narrow, thus to press nerve root. Once greater occipital nerve is pressed, tenderness may appear on the region where greater occipital nerve comes out of the cranium, which will be radiated to head top and display as head top bloating. When the patient retroflex his head and keep flexed on one side, radiating pain from neck to shoulder and forearm may appear when it is pressed from the upside. If degeneration is induced by herniated nucleus pulposus, bony spur, or thickening and calcification of ligaments, it will press spine directly, or even press spinal blood vessel to induce denature and softening of spine. The patients usually feel numb, headache and dizzy below neck, sometimes dissymmetric crural paralysis or deep hyperreflexia of lower limbs may be observed. In addition, cervical syndrome usually makes vertebral artery become narrow, circulation of vertebral-basal artery would be caused, and headache and dizziness may be observed. The patients would feel a sense of vertigo, like traveling on a bus or ship, or it seems trap on cotton when walking, something seems to cover the things when seeing. Therefore, for those people who need to bend to work and with an age over 40 years old, they should be reminded that cervical region can not be kept in one position for a long time. They should properly exercise their neck and shoulder, the pillow should not be too tall or too low, and smoking should be avoided. These things are good for the prevention of this disease.

## **5.7 Headaches caused by common cerebral vascular diseases**

Headache is the most common symptoms for cerebral vascular diseases, and headaches of different cerebral vascular diseases have the different characters.

1) Headache of acute ischemic cerebrovascular diseases. Acute ischemic cerebrovascular disease mainly point to cerebral infarction or cerebral thrombosis, and headache happens in 17%-36% of the patients with these diseases, which may display as cutting pain, jumping pain, tightening pain, distending pain, head heaviness and neuralgia like headache.

2) Headache induced by brain hemorrhage. Brain hemorrhage is the non-traumatic hemorrhage in brain parenchyma. It is believed that the incidence of this kind of headache is between 50% and 60%, or even higher, and headache is more serious, which can be jumping pain, distending pain or tightening pain, and the major reason for this is hypertension.

3) Chronic epidural hematoma. It is usually caused by trauma, a few may induced by rupture of aneurysm formed by vascular malformation, etc. It usually happen in infants or children or old people, which displays as intracranial hypertension symptoms such as headache, nausea, vomiting, optic disc edema, etc. It may find pyramid sign of one side or intelligent and psychological disturbance.

4) Chronic subdural hematoma. The disease can also be induced by trauma, which is usually seen in male older than 40 years old, and headache may locate in forehead, temple or top, etc.

5) Headache induced by subarachnoid hemorrhage. Subarachnoid hemorrhage indicates the condition that, when intracranial vessel ruptures, blood flows into subarachnoid space. Except for a few senile people, 100% of the patients with subarachnoid hemorrhage have headaches. The headache sets on in sudden, and aches seriously. Nausea and vomiting are coming in ejecting form, optic disc edema can be observed, and meningeal irritation sign is positive, the cerebrospinal fluid obtained by lumbar puncture is blood like. As for the headache sites, headache over the whole head take a half for patients with subarachnoid hemorrhage, occipital headache takes 25% and frontal headache takes 9%.

6) Headache in cerebrovascular malformation. Cerebrovascular malformations include cerebral artery and venous malformations, intracranial aneurysm. Headaches induced by these reasons are hard to be diagnosed, CT scanning, MRI intracranial aneurysm, brain angiography, etc. should be performed when necessary, and surgical operation can be applied after finally diagnosed to avoid hemorrhage.

7) Cerebral arteritis. This is also a reason inducing headache. Cerebral arteritis usually includes giant cell arteritis, cerebral thromboangiitis obliterans and rheumatic cerebral arteritis.

8) Cervical or vertebral arthralgia. One aspect of the disease points to the headache induced by stripping of internal carotid artery, the sites of headache, cervicodynia and prosopodynia usually lies on the affected side, headaches on both sides are rare. The disease is mainly diagnosed by brain angiography. This disease can easily induce stroke (ischemic). The other aspect of the disease points to carotid artery syndrome, i.e. cervical arteritis or vascular neck pain, with the neck vascular pain as the major symptom, and pains of ear, nose, gullet, throat, head, face, forehead, occiput, etc. are accompanying. The disease can induce upper respiratory infection, acute auricular sinusitis, pharyngitis and tonsillitis. External stimulation, restlessness, fatigue and panic, irregular dietary, insomnia, smoke, wine, pungent food, noise and menstruation, etc. can also induce the disease.

9) Headache induced by intracranial venous thrombosis usually has manifestation of intracranial hypertension, i.e. headache, dizziness, nausea, vomiting, optic disc edema and other regional nervous damage and signs. Many reasons can induce the disease, such as infection, craniocerebral trauma, severe anemia, hypercoagulable state, dehydration, organic heart diseases, cerebroma, pregnancy, induced abortion, delivery, etc.

10) Headache induced by inefficient cerebral blood supply. Headache can be observed in 50% of the patients with obstructive vertebral-basal artery stenosis and 35% of the patients with inefficient blood supply in left and right carotid arteries, it may be jumping or distending headache. While headache induced by cerebral arteriosclerosis is

usually slightly continuous dull pain, people may feel tightness, heaviness and dizziness, which may be related with ischemia and hypoxia, cerebral angioectasia and chronic disordered brain function.

## 6. Typical examples (Testimonial)

6.1 Ms Liang, 54 years old, People of Guangzhou, Guangdong Province. With a hemicrania history of more than 30 years, she could feel the jumping of temple site when headache attacked, and pulse sense was strong, sometimes it might transfer to back or another side. She could feel pain when pulling the optical region, hands and arms would shiver, the distress was unbearable. Nausea, vomiting, insomnia and poor appetite were also complicated. The headache could be relieved after treated with western drug or after sleeping. The headache attacked once a month at the least. The patient took 3 Just Natural Advanced Headache Formula for 3 times a day when headache attacked and the headache was not so severe on the second day of drug administration, it disappeared on the third day. After taking the drug for 3 treatment courses, headache was greatly alleviated, and attacking frequency was greatly reduced. After 6 treatment courses, headache was basically cured, no relapse was observed in the 2 years of follow up.

6.2 Mr Wan, 36 years old, people living in Henan Province. He had a hemicrania history of nearly 20 years, and felt nausea and vomited each time headache attacked, and he could not eat food. The patient nearly could not move during headache, the pain would be more serious if he moved. The headache was growing worse, and western drug could only transiently alleviate it. The frequency of the headache was 2-3 times a month. Later the patient took **Just Natural Advanced Headache Formula**, 4 capsules each time and 3 times a day, the headache is alleviated every day, and it became very light on the 4<sup>th</sup> day of drug administration. To solidify the therapeutic effect, he reduced the dose and took for another 3 treatment courses, 2 capsules a time and twice daily. We followed up for 3 months, no relapse was observed, and told him continue to take the drug totally for 6 months.

6.3 Little Lin, a 9 years old boy, living in Zhejiang Province. He got headache from 4 years old with a family genetics history. He could feel the slight pain and heaviness in the whole head, it just jumped, light or serious now and then. Nausea, vomiting, poor appetite or low emotion might accompany when it was severe. The child could not play with other children, and his parents felt very worried. There are no pathological changes found in the examinations performed in hospital, and he was diagnosed as nerve-vascular headache. The boy had taken many drugs, but with no significant effects. Then he took **Just Natural Advanced Headache Formula**, 2 capsules for each time and twice daily. After 1 week of administration, the headache was lightened, and there was basically no headache after 3 treatment course. To cure the headache, he took the drug for another 3 treatment courses to solidify the effect, with the dose reduced to once daily and 2 capsules a time. No relapse was found in 1 year's follow up.

6.4 Ms Zhang, 24 years old, living in Hubei Province. She had a headache history of 4 years, which mainly displayed as suffocating pain over the whole head, with diffused tenderness, heaviness, distending or eye socket, and continuous headache, sometimes the pain radiated to neck or scapular region, and it was diagnosed as tension headache. She had taken many drugs, injections and massage, with not ideal effect. After taking 1 treatment course of **Just Natural Advanced Headache Formula**, the headache was lightened, though there was still painful feeling, it would not affect daily life. After she continued for 3 treatment courses, headache basically disappeared, only slightly attacked occasionally. We suggested that she should take the drug for long term.