

To my friends and family.

Recently I have been diagnosed with Vestibular Migraine. This is a form of migraine which displays debilitating symptoms such as;

- Light and Sound Sensitivity
- Vertigo and Dizziness
- Nausea
- Headaches

The science behind why migraine happens is debated but a common thought is that some people have triggers which can lead to migraine type symptoms. Examples of migraine triggers include: diet, bright lights, loud sounds or from low blood sugar.

I am in the process of working with my Dr to help manage my symptoms and also through community groups online like www.vestibular-migraine.com to go back to living a normal life.

Over the next few months I will be changing my diet and lifestyle choices however on this road to recovery I may need to withdraw from social events if my condition flares up. I would like to invite you on this journey with me where i will be eating more “migraine friendly” food and getting involved in regular yoga and cardio based activities.

On my to do list over the next few months is:

- Drinking more water
- Pushing my body by going on walks/runs daily
- Making some great new food from online recipes.

I would love for you to come on this journey with me...however there is no pressure to commit to anything. If you would like to learn more about my condition please check out www.vestibular-migraine.com

Thanks

Vestibular-Migraine.com is a community founded and community funded platform with a mission to raise awareness of Vestibular Migraine and encourage health care specialists to research potential cures. We are 100% reliant upon donations and receive no grants or support from any governments or charities. If you would like to donate please visit our homepage or email us at Hello@Vestibular-Migraine.com

If you would like to get involved in our mission please check out our site below.
We do not offer any health care advice or advice on medications.

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