

Current Age	Years with Migraine	Clinically Diagnosed	Frequency of Reflexology Sessions	Frequency of Headache Before	Frequency of Headache After	Duration Before	Duration After	Meds Before	Reduce or eliminate meds?	Scale 1 – 10 Before	Scale 1 – 10 After	# of Points Reduced After	Triggers	Eliminate or Shorten?	Other Therapies Used
46	21	Y	1/wk	2-3/wk	1/mo	12 hr	4 hr	AdvilAleve	Y	9	4	5	Chocolate Coffee	Y	N/A
32	16	Y	1/wk	1/wk	0	4-6 hr	N/A	Advil	Y	7	3	4	Sweets	Y	N/A
56	36	Y	1/wk	2-3/mo	2/yr	24 hr	4 hr	Imitrex	Y	10	3	7	N/A	Y	N/A
42	22	Y	1/wk	1/day	1/wk	2-6 hr	2 hr	Advil	Y	5	3	2	Citrus	Y	Chiropractic
31	16	Y	1/wk	1-2/wk	1/mo	24 hr	4 hr	Maxalt InderalPamelor	Y	8	4	4	Menstrual Cycle; Alcohol; Bananas; Nuts	Y	N/A
34	9	Y	1/wk	2-3/mo	1/mo	3-72 hr	2-4 hr	Imitrex	Y	8	6	2	Menstrual Cycle; Diet; Sun; Sleep; Stress	Y	Yoga
40	26	Y	2/mo	2-3/mo	2-3 mo	24 hr	24 hr	Imitrex	N	10	10	0	Menstrual Cycle	Y	Acupressure
20	1	Y	1/mo	2/mo	1 mo	8-10 hr	8-10 hr	ToridolExcedrin	Y	10	6	4	Menstrual Cycle; Sleep; Stress	Y	N/A
12	5	N	1/wk	2-3/wk	1/mo	24 hr	2-3 hr	Homeo- pathiconly	N/A	10	6	4	Chocolate; Dairy; Sweets	Y	Acupressure Aromather. Homeopathy
42	12	Y	2/mo	1/wk	2/mo	6-12 hr	6-12 hr	ButabitalCaffeine	Y	10	8	2	Menstrual Cycle	Y	Massage
55	37	Y	1/wk	1/mo	1/mo	36 hr	18 hr	Advil	Y	4	2	2	Menstrual Cycle	Y	N/A
50	7	Y	1/mo	1/wk	1/mo	1-3 da	1-2 da	Fioscet UltramSoma	Y	6	4	2	N/A	Y	Massage
46	6	Y	1/wk	1-2 da	1/da	2-3 da	½ hr	Amerge DHE CelebrexUltra m	N	7	5	2	Heat; Stress; Menstrual Cycle	Y	Water therapy, exercise
28	16	Y	1/wk	2/mo	1 qtr	2-4 hr	2 hr.	TylenolAdvil	Y	8	3	5	N/A	Y	N/A
24	12	Y	1/wk	1 wk	none	6 hr	N/A	Advil	Y	8	N/A	8	Stress	Y	N/A
53	23	Y	1/wk	1-2/wk	1/mo	2-3 da	1 hr	ImitrexToridol	Y	10	4	6	Onions; Red Wine	Y	N/A