

THE MIGRAINE MELTER PROTOCOL

The 3-minute "Emergency Button" for Tension Headaches and Eye Strain.

The "Hidden" Cause of Your Headache

Most people think tension headaches start in the forehead or behind the eyes. While that is where you *feel* the pain, that is not where the pain *starts*.

The culprit is usually the **Sub-Occipital Muscles**.

These are four tiny muscles located at the very base of your skull, right where your neck connects to your head. When you stare at a screen or drive for hours, these muscles clamp down on the greater occipital nerve. This sends a referral pain signal that wraps over your head and settles behind your eyes.

The Solution: The "Peanut" Release

We cannot stretch these muscles easily because they are too deep. We must use *pressure* to release them.

What You Need:

- Two tennis balls (or lacrosse balls for deeper pressure).
- A sock (or athletic tape).

Preparation:

Put both balls inside the sock and tie a knot so they are tight against each other. They should look like a peanut.

The Protocol:

Step 1: Placement

Lie down on the floor (carpet or a yoga mat is best). Place the "peanut" under your head.

- **Crucial:** Do NOT place the balls on your neck vertebrae.
- **Correct Spot:** Place them right on the ridge of the skull bone (the Occiput). The balls should be resting on the muscles just *above* the neck.
- Example picture on next page



Step 2: The "Chin Tuck" Weight

Relax your entire body. Let the full weight of your head sink into the balls. You might feel a dull ache or even a replication of your headache symptoms. **This is normal.** It means you have found the trigger point.

Step 3: The Micro-Nod

Slowly—very slowly—perform a tiny nodding motion.

- Tuck your chin down (1 inch).
- Release back up.
- Imagine you are saying a very small, slow "Yes."

Step 4: The Release

Continue this micro-nodding for **2 to 3 minutes**. You will eventually feel the muscles soften and the balls sink deeper.

Step 5: The flush

Remove the balls and lay your head flat on the floor for 30 seconds before standing up. You will feel a rush of warmth/blood flow to the head. This is the tension dissolving.

