

## 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.

