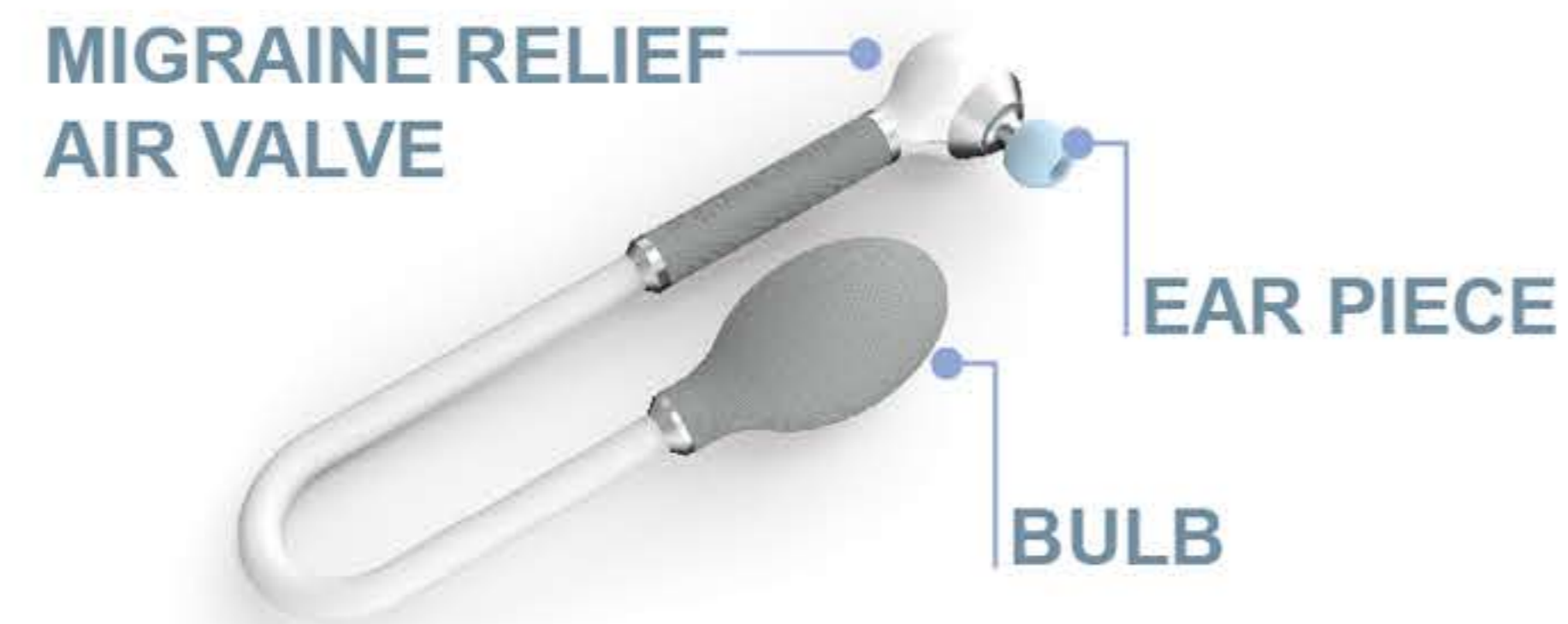


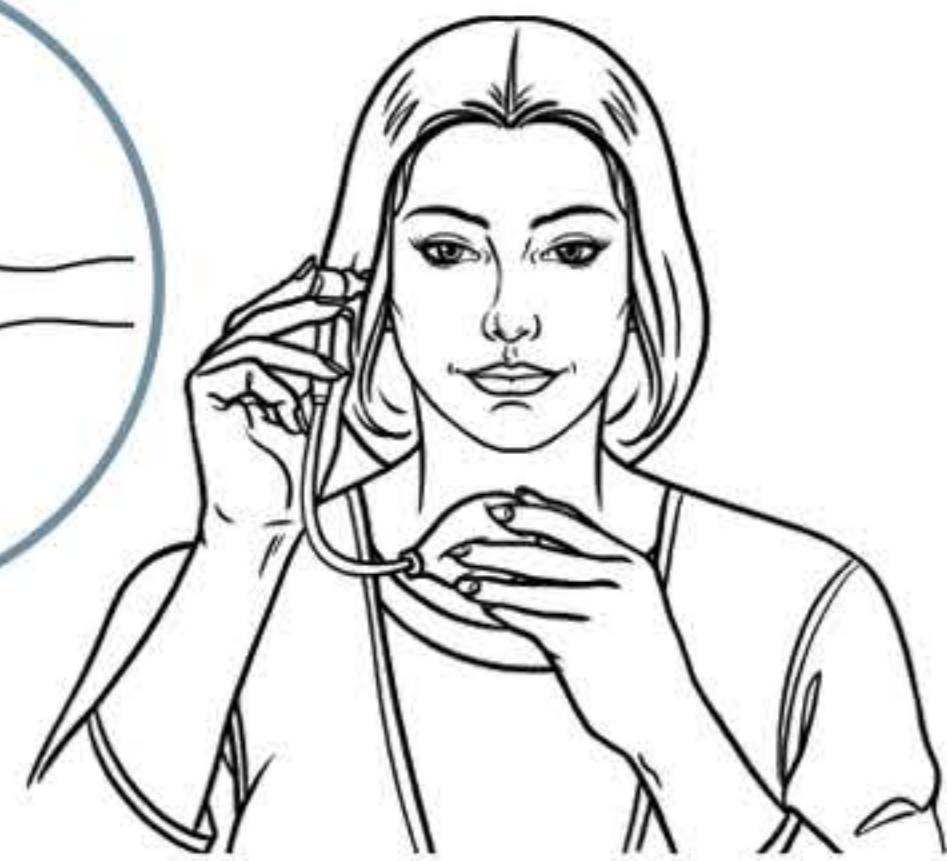
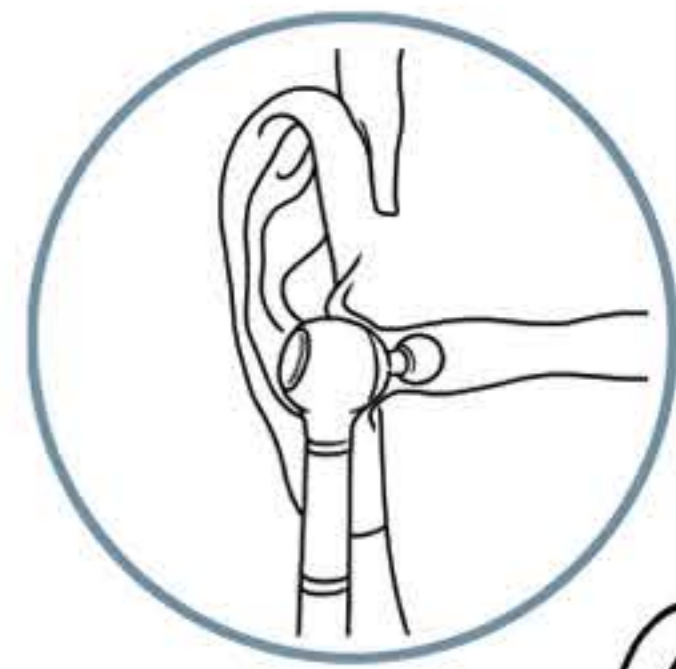
# GETTING READY

Go to the instructional video:  
<http://www.migrainestopper.com.au>



1

- As soon as your Migraine symptoms start grab your Migraine Stopper™.

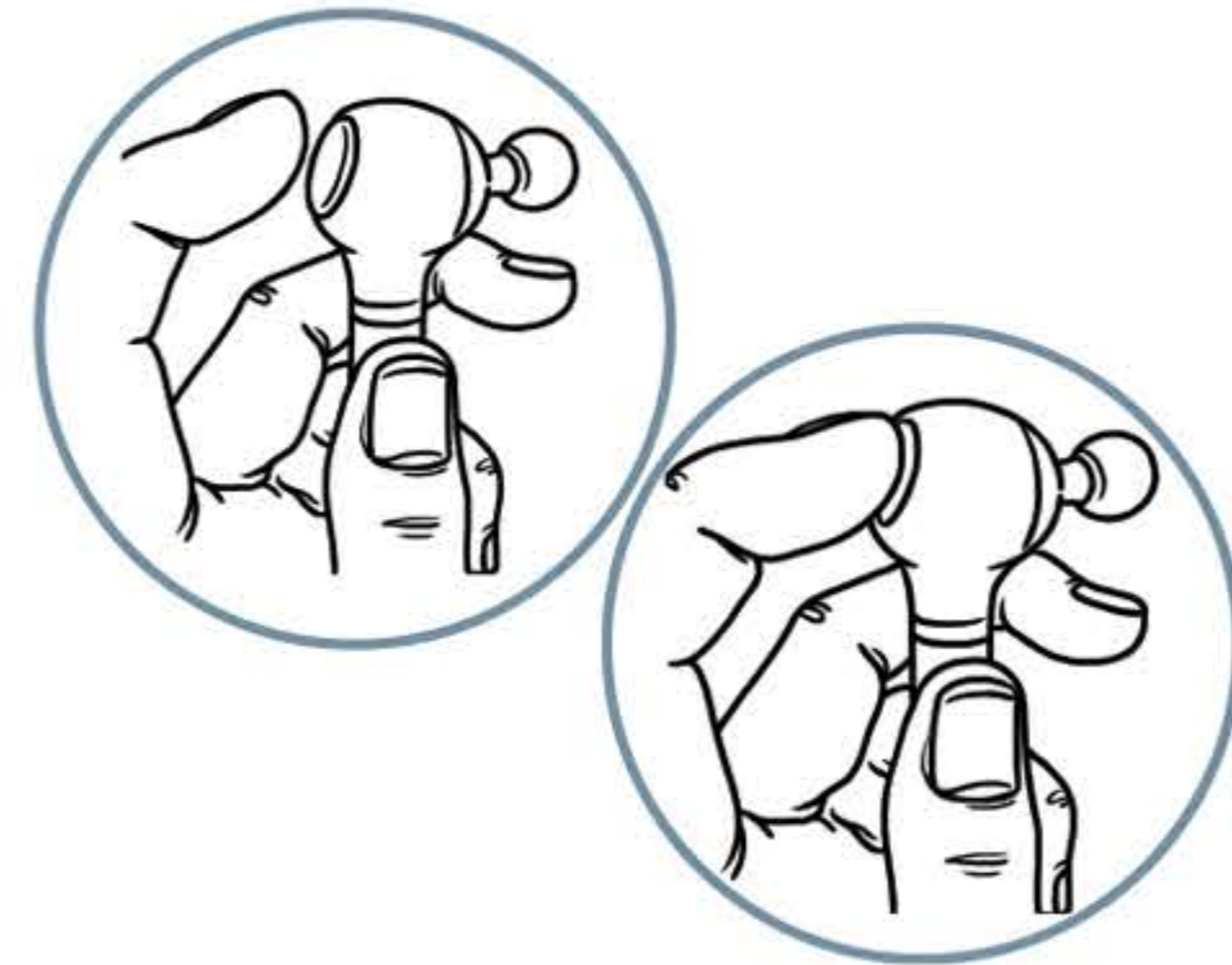


2

- Insert Migraine Stopper™ “ear piece” into your ear on the side of most symptoms.
- If you are not sure which side your symptoms are on, just start on your right ear.

3

- With your finger PUSH and CONTINUALLY HOLD IN the “Migraine relief air valve”.
- This ensures the correct air flow for the best symptom relief.
- Ensure a snug and air tight fit.
- Make sure the nozzle is deep in the ear canal.
- There is no need to push hard. There should never be any pain.



4

- Gently squeeze and release the Rubber Bulb until you feel a pushing and suction sensation in your ear.
- When done correctly there is a definite pushing and suction sensation.
- It's important to feel the “suction” part in the ear. Suction means there is an airtight seal!
- There is no need to push hard. There should never be any pain.

ONCE YOU FEEL THE SUCTION SENSATION IN YOUR EAR, YOU ARE READY TO START!

Discontinue using the Migraine Stopper™ if you experience

- Vertigo, dizziness
- Nausea
- Ear pain
- Tearing of the eyes

WARNING do NOT use the Migraine Stopper™ if you have

- Ear pain / infection
- Recent Perforated ear drum
- Foreign bodies in the ear
- Recent ear or head surgery.

If symptoms persist see your healthcare practitioner.

# STARTING THE MIGRAINE THERAPY

- Place ear piece into your ear and gently pump (squeeze and release) the Rubber Bulb 30 times.
- Remove Migraine Stopper™ from ear.
- Wait a few seconds and see if your migraine symptoms are improving.
- If symptoms are improving put Migraine Stopper™ back into your ear and repeat the cycle of 30 pumps!
- Keep doing these cycles as long as your migraine symptoms continue to improve.
- If after several cycles of improving, you turn off your migraine, **CONGRATULATIONS!** This is the end of your treatment.
- If after several cycles you get improvement but cannot turn off your migraine, then and only then, do you treat your second ear.



## TREATING YOUR SECOND EAR

- You treat your second ear only if you cannot turn off your migraine completely after treating your first ear.
- As before repeat the 30 pump cycles in your second ear.
- If after several cycles of further improving, you turn off your migraine **CONGRATULATIONS!** This is the end of your treatment.
- If after several cycles you get improvement but cannot turn off your migraine, this is the end of your therapy.



THE NUMBER OF CYCLES FOR RELIEF varies but typically sufferers will need to do 4-10 cycles in their first ear, and 1-6 cycles in their second ear. It's always best to do another cycle or two to make sure the migraine is completely gone or might still further improve with the therapy. You will not undo any of the relief you have already received.

IF YOUR MIGRAINE IS GONE or GREATLY REDUCED  
**CONGRATULATIONS!!**  
YOU HAVE JUST TREATED YOUR OWN  
MIGRAINE AND TAKEN BACK CONTROL!



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