

## Wilderness House Literary Review 21/2

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### **Maull's Miracle Migraine Tonic**

After years of trying every recipe out there to best cure a migraine, I think I've finally landed on the perfect one. It's hearty, complex, and comes together quickly. I think you'll love Maull's Miracle Migraine Tonic!

#### INGREDIENTS

- 12 fl oz caffeinated soda (*a can of Coca-Cola® Zero Sugar is my preference*)
- 24 fl oz tap water, divided (*if homemade is not available, store bought is fine*)

Migraine relief medication (*Usually contains acetaminophen, aspirin, and caffeine. Follow the dosage on the bottle and substitute with other relief medications as needed.*)\*

- 5-10 mg THC edible (*Wylde™ Peach Gummy is my preference*) [optional]\*
- 1 shower, heated to 104°F (40°C)
- 1-2 cooling head caps, frozen (*TheraICE® is my preference*)
- 1 music playing device
- 3-5 sad songs (*melancholy or forlorn songs are good alternatives*)
- 1 set of comfortable clothes
- 1 pair of fuzzy socks
- 1 comfortable bed (*if comfortable is not available, use what you have*)
- 1 bedroom (*living room is another great option if a bedroom is unavailable*)

\* Disclaimer: I am not a licensed medical professional, so like, don't do something stupid. Your actions are your own fucking fault. You should probably talk to your doctor. (Consider a female doctor as male doctors are more likely to dismiss your pain—like how they think cervixes don't have pain receptors...)

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### DIRECTIONS

When your migraine has preheated to *Mildly Uncomfortable and Irritating*, gather your ingredients. (See Note 1)

Chug the soda as quickly as possible. (See Note 2)

Using your glass of water, swallow the migraine relief medication, then finish the glass of water.

Refill the glass with the remaining 12 fl oz water. Set aside.

Consume the edible. (See Note 3)

Pre-heat shower and set up the music playing device to play the sad songs you've selected. Set the volume high enough to be heard in the shower and set the playlist to endlessly repeat.

Undress to your comfort level and get in the shower. Once in, put your head directly under the flow of water. Remove head as needed to breathe. (See Note 4)

Begin thinking of heartbreaking things until you cry, and continue to cry for as long as feels beneficial. You'll know it's working when your sinuses drain and you have to blow your nose. (See Note 5)

Point the flow of water at your feet for a little while to warm them. Much like the length of time to cry, when it comes to warming your toes, measure with your heart. (See Note 6)

Do your normal shower activities. [Optional] (See Note 7)

Turn off and exit the shower.

Dry your body and put on comfortable clothes and fuzzy socks. By this point, your migraine should feel markedly improved. If not, that's ok! There's still time.

Once dressed, retrieve the head cap from the freezer.

Bring the water glass and head cap to your bedroom and set on nightstand.

Turn off all the lights in the bedroom and lay down in the bed.

When ready, put the ice cap on your head. (See Note 8)

Put sad music back on and continue crying. Despite the compression over your eyes, you will still be able to cry with the cap on, and the cap will cool your tears, which feels nice. [Optional]

Remove cap to drink more water and fall asleep.

If needed, resume crying until you've exhausted yourself and fall asleep. [Optional]

Sleep for 1-4 hours, or more as needed.

When you've awoken, you should be migraine free, though likely experiencing a migraine hangover. Yay to no more migraine! Boo to the hangover! Please be gentle with yourself. You will likely also be hungry, so...

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Garnish tonic with whatever food you can scavenge in your refrigerator like a raccoon in a dumpster at 2am. Half a burrito? Go for it. Three PB&Js? Hell yeah. A dry, untoasted bagel, half an orange, and a handful of gummy worms? Great job. (See Note 9)

*And that's it!*

With this tonic, I've successfully decreased the length of my migraines from five hours to two, and decreased their severity. Gone are the days of puking so hard you burst the capillaries near your eyes!

But every body is different, so experiment with ingredients to find what works best for you. If this tonic *does* work for you, thank me when you're hazily eating cold pizza while standing in front of your open refrigerator.

### NOTES

It is fine to begin this recipe when the migraine has progressed to *I feel like I need to puke* or even *I should definitely not be driving this car*, but it is not recommended.

Taking too long drinking the soda will result in a weaker, less potent tonic. If you struggle with chugging cold drinks, consider storing room-temperature cans in your pantry.

Again, this is totally optional, and like...kids, don't do drugs.

Hot water on your head will support muscle tension release, sinus pressure release, and feel-good chemical release. Cis men may need to lower the temperature of the shower as their skin is more sensitive to heat. That is totally ok.

Crying is critical to this recipe. Tears expel the stress hormones adrenaline and cortisol from your body as well as activate your Parasympathetic Nervous System supporting body regulation. When thinking about crying types, aim for an austere widow silently weeping at her war-hero husband's funeral in lieu of a more viscerally exhausting ugly-cry, which can exacerbate the migraine. For *my* shower crying, I select music that reminds me of my dead dad and how much I miss him. Other great options are thinking about: all of your failures and missteps over the years which you'll regret for the rest of your life and all of the horrible things going on in the world and how powerless you feel to make longterm, sustainable positive change.

Heating your feet will reduce migraine inflammation and pressure by drawing the blood away from your head. But, like, you don't have to. Live your life.

The cap will likely be really fucking cold. Most cooling head cap companies recommend setting the cap out to warm until it's a comfortable temperature. If you have ADHD like I do, you may opt to put the cap on immediately and remove it as needed when you can no longer stand the cold. Either way, this cap is an integral ingredient, as it provides cooling relief to constrict blood vessels, gentle compression to alleviate inflammation, and darkness to combat light sensitivity.

The important part is to eat what sounds appetizing, as you may have experienced migraine-induced nausea at some point and also likely missed a meal or two. The goal is to refuel your brain, which has been working overtime metabolically through this entire ordeal. Give it the glucose it needs to recover.