

Good morning everyone, my name is Kelly Glaser. I am here to speak with you about someone that I have known for 43 years. He is a constant presence in my life, often going to bed with me at night and greeting me again in the morning. Sometimes he keeps me in bed for an entire day; taunting me as I ignore phone calls, blow off meetings, friends and family. He controls me, he restrains me, and he limits me. He controls my whole body. His abuse causes me physical and emotional pain. The warning signs are always the same but I have no say. After every attack, the cycle repeats. Life returns to normal... but I always know he will strike again. Fortunately, this person I am talking about does not exist, but the story is true. Along with three million Canadians sufferers, I live in fear of migraines.

I am the President of the Migraine Research Foundation. With many sick days and motivational set backs, its hard to believe I have come this far in my career. How did I do it? It's simple; I dedicated my life to taking control from migraines instead of letting them run my life. Through contemporary research methods, migraine treatment has come a long way. I can stand here confidently and tell you that there are many effective treatments available. My objective today is to spread the word of these simple solutions. I want Canadians to take

action against agony. I want Canadians to feel confident in a cure. I want Canadians to wake up pain free and put migraines to rest.

Over nine thousand years, we have paved a road of success, a road of liberation and a road of hope. In search of relief, we have progressed from drilling dime- sized holes in our skulls, to swallowing dime-sized pills. Migraines are starting to be understood as the genuinely debilitating disorder it is. The word migraine is finally distinguished from the word headache. Typical headache treatment is often ineffective against the wrath of migraine pain.

Studies show that many factors contribute to the occurrence of migraines. These are called triggers. These triggers include things like stress, inconsistent sleep patterns, extreme weather, certain foods, hormone changes and most importantly, dehydration. Dehydration is least talked about by those victimized by migraines. Surprisingly though, it is the most valuable weapon against migraine pain.

Although caffeine has a cause and effect relationship with migraines, if taken in small doses during the early signs of pain, it provides relief. Research indicates that caffeine helps the body absorb headache drugs more quickly, making the combination almost twice as effective.

In a recent survey of Canadian neurologists, headache specialists and family physicians, 3/4 stated that they treated patients with mild to moderate migraine pain with an anti-inflammatory drug, such as Advil. In 2007, Dr. Yu-Qing Cao approached the Migraine Research Foundation with a proposal that broke the boundaries in over-the-counter migraine research. Her idea included the very basics of remedying a migraine in its early stage: hydration, ibuprofen and caffeine. Why didn't I think of this before?

After three years, our research team has bottled Cao's vision. Rejuvenation is the only product on the market that combines these three elements in such a convenient form. Rejuvenation is drinkable migraine relief. Rejuvenation is action against agony. Rejuvenation is confidence in a cure. Canadians, it's time to wake-up and put migraines to rest.