

Migraine FreedomTM Support Levels

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You're probably here because you're curious about *our* approach to helping women achieve migraine freedom, aren't you? I completely get it. If your experience is anything like mine, the constant frustration feels all too familiar - it's as if you're working on a puzzle with pieces that just don't fit, each one a reminder that you might need a helping hand.

Well, first off, there's so much information out there, and let's be real - it's a hot mess of contradictions. Then, to top it all off, most advice feels like it's straight out of a one size-fits-all playbook, hardly ever touching on what you specifically might need.

Oh, and get this - only about 5% of women manage to find their way to ending their pain on their own. FIVE PERCENT!!

So yeah, trying to navigate this on your own is like trying to solve a puzzle where half the pieces don't even seem to belong.

Take a quick moment now to assess where you stand with your migraine pain. Understanding your current situation is the first step towards identifying the right kind of support you need. It'll guide you towards achieving the much-desired relief from migraines, ensuring you're no longer grouped with the 95% of women who are still searching for a way to stop their pain

Migraine Pain: Level 1

Is this you?

- **You are not** *in a rush to reduce your migraine pain and symptoms*
- *Migraines do not significantly impact your daily life*
- **You do not** *have additional health concerns and symptoms increasing such as exhaustion, brain fog, gut issues, joint pain, food allergies/sensitivities, thyroid issues, anxiety/depression, dizziness, nausea, autoimmune, etc.*
- **You do not** *spend money on medications and supplements, gadgets like oils and ice hats, injections, Botox, alternative therapies like chiropractor, massage, Physical Therapy, acupuncture, etc, special food, co-pays, time lost at work, time lost with family, help with things you cannot do because of pain, money spent on other health conditions, etc.*
- *You think your migraines are caused by your genes, hormones, injury, etc. Basically you feel you are different than other women and your migraines cannot be stopped.*

If this sounds like you, The Women's Migraine Freedom™ Group offers a supportive space for women seeking to uncover why they haven't yet achieved migraine freedom.

This group offers research-backed, results-driven training that eliminates the clutter of conflicting advice from the internet and the conventional medical community, equipping members with the facts they need for root cause solutions versus short-term band aid management tools.

Women Migraine Freedom Group:

<https://urlgeni.us/facebook/Womensmigrainefreedom>

Our focus is on helping you uncover and understand the root causes of your migraines to achieve lasting relief, rather than relying on temporary fixes like medications and Botox that often just mask the symptoms.

This community is exclusive to those who are not just ready but eager to be an active learner in this group through engaging in training and weekly content to make impactful changes toward their relief.

What's in the group

- Migraine Breakthrough™ Mini Course-a collection full of migraine freedom mini trainings
- Monthly Live Training Event-covering all of the topics you want to know about including hormones, weather-related issues, sleep, electrolytes, and beyond.
- Monthly Migraine Freedom Success Story Spotlight
- Monthly Live 15-minute Quick-fire Q&A Session for direct coaching support
- Migraine Success Tracker: As a valued member of the WMF community, you get exclusive access to the Migraine Success Tracker [valued at \$147] at the special price of just \$27! This tool is specifically crafted to supplement your journey with WMF. After tracking crucial aspects of your everyday life for a week, you will consult with a migraine freedom success coach. This session will dive into a detailed analysis to discover what's been keeping you stuck and lay out clear, actionable steps for your path to relief. It's the guidance you need, blended with the simplicity you want.

Get your Migraine Breakthrough™ Mini Course Here:

<https://debbiewaidl.com/migraine-breakthrough-mini-course/info>

Get Your Migraine Success Tracker Here:

<https://debbiewaidl.com/migraine-success-tracker/success-plus-audit>

Women's Migraine Freedom Group Successes



Heather M D · 14:27

Thankful for this group. You give so much free information out. It's appreciated.

Love Reply 18h

thankful



Kathy S

They are such eye openers, and more times than once have told me what I did a few days before to bring on head pain I was presently experiencing.

Love Reply 4w Edited



3

offering clarity



Jacqueline Z

Joined this group a couple weeks ago and I'm so glad I found it!! I would never wish migraines on anyone but it is so comforting to know I'm not alone. I've been getting headaches/migraines since I was 5-6 years old (I'm 52!). Drs just seemed to down play them or throw the most popular pills at me. I had a full hysterectomy in 2019 and hoped that would help since my grandmother always said after the "change" hers stopped. No such luck. I've tried it all and been suffering for so many years. 😞 With my husband battling stage iv cancer I feel I waste so much time suffering when I should be enjoying our time together. So much of my life wasted on migraine pain. It's terrible. 😞

21w Like Reply

so glad i found WMTF

4 ❤️ 😞

Migraine Success Tracker Successes



Cheryl R

The tracking forms helped me keep on track to find out what was causing the migraines for me. My memory was not very good in the beginning so the forms were invaluable!

Like Reply 3w

helps me look back

Jenn

You leave it up to us when we talk as to whether or not we choose to (or able to) invest. But you also offer other alternatives that are either more budget friendly or even free. I think there are probably just women out there who feel so defeated that they think this will just be another disappointment. That's something that only they can change. Just all of the free guides alone are so helpful if one is willing to implement the steps in them. As a suggestion? I don't know. You're already offering so much. They truly need to attend a training or masterclass just once and they would probably realize how sincere and authentic this is for you and them!

authentic & sincere

Migraine pain: Level 2

Is this you?

- **You want** *to end your migraines soon.* You are pushing through each day and are tired of managing with meds or gadgets to get by.
- *Migraines impact* **your daily life** to the point you often have to cancel plans or call in sick to work and even when you manage to push through you aren't fully present.
- **You have** *increasing health concerns and symptoms* such as exhaustion, brain fog, gut issues, joint pain, food allergies/sensitivities, thyroid issues, anxiety/depression, dizziness, nausea, autoimmune conditions, etc.
- **You spend** *more than \$50 a month on medications* and supplements, gadgets like oils and ice hats, injections, Botox, alternative therapies like chiropractor, massage, Physical therapy, acupuncture, etc, special food, co-pays, time lost at work, help with things you cannot do because of pain, time lost with family, money spent on other health conditions, etc.
- **You understand** hormones, head or neck injury, weather, lights, etc. can play a part in migraines but you hope you may have control over how they impact your life.

If this sounds like you, The Freedom From Migraines Method® Membership offers the daily coaching support, 12 module curriculum and supportive community you need to really dive into what's holding you back. Its time you have a clear vision of your root causes and your next steps to find freedom.

Freedom From Migraines Method®

membership

The Freedom From Migraines Method® Membership

Move closer towards migraine relief with our Freedom From Migraines Method® Membership. Every month you will gain access to a new module from our Freedom From Migraines method curriculum to bring you the most sought-after information and the truth backed by science, saving you the hassle of digging through the sea of unreliable data yourself. Access weekly coaching support that's not only easy on your wallet but also comes with a cancel anytime policy. Invest in your success without worry, as our coaching is designed to empower you with the freedom to choose what's best for you, at your own pace.

The Freedom From Migraines Method®

membership

\$297/month (value \$750/mo)

- **A Deep Dive into Your Health:** Learn to tailor the protocol to meet your needs.
- **A Wealth of Resources:** Access to strategies that form the core of the Migraine Freedom™ Protocol, focusing on areas like Electrolyte Symmetry, Nutrition Integration, Toxicity Mitigation and more, to not just manage pain but achieve your migraine freedom.
- **From Hands-On to Mastery:** Without the pressure of a significant time or financial commitment, start with manageable steps towards a life free of migraines.

- **Immediate Community and Support:** With our weekly coaching call, weekly mindfulness session, and supportive check-ins, you're never alone. Experience real support from people who understand
- **Bonuses and Discounts Galore:** Being a member means more than just access to our comprehensive Migraine Freedom™ Protocol. Enjoy a series of bonuses and discounts curated specifically for our community. From exclusive content to special offers on cutting-edge migraine relief products – we've got you covered.
- **Lifetime Rate Guarantee:** Secure your membership at just \$297 a month now, and enjoy this exclusive rate for the lifetime of your subscription. No hidden costs, just transparent support. (value \$750/mo)
- **Cancel Anytime Ease:** We believe in our program's transformative power, but we also respect your journey. Cancel anytime, hassle-free, right from your membership dashboard.

Plus, additional resources and discount benefits!

The Freedom From Migraines Method® Membership

<https://debbiewaidl.com/the-freedom-from-migraines-method-membership/info>

The Freedom From Migraines Method® Membership



Erica



· 14h ·



affordable solutions ...

Last post for awhile, I promise. But you will like this one. Now that I've had some time to understand how to navigate through this group and see what is available, I know that I'll be subscribing for much longer than 3 months. Thank you [Debbie Waidl](#) for offering me a solution I can afford right now. I know this group will help me until I'm ready for the group coaching.



8

2 comments Seen by 13

members finding migraine freedom



Jenn G

Top contributor

If only they would take the time to truly explore your resources! I only can do the community membership but with that comes SO much help! Currently now 41 days since my last migraine and I haven't gone that long between in I can't remember when!

4d Like Reply



3



Debbie Waidl [Author](#) [Admin](#) +2

Jenn G thank you for your words. I wish I knew how to reassure more women. without then feeling like it was a sales pitch because it truthfully is not. There is a right and wrong way for each woman to achieve the goals they want to achieve and I wish I could genuinely explain that. If you have an suggestions I am all ears! So glad you are enjoying the membership!

3d Like Reply



Migraine Pain Level 3

Is this you?

- **You need** *to end your migraines now*. The medications and band aid solutions are not enough anymore.
- **Migraines impact your life** *more days than not*. Canceling plans or not making plans due to fear of canceling, unable to work or calling in sick often, spending a lot of time and money trying to stop pain
- **You experience** *additional health concerns* and symptoms are increasing such as : exhaustion, brain fog, gut issues, joint pain, food allergies/sensitivities, easy to cry, thyroid issues, anxiety/depression, dizziness, autoimmune conditions, cancer, heart issues, gallbladder removed
- **You're spending more** *than \$100 a month* on medications and supplements, gadgets like oils and ice hats, injections, Botox, alternative therapies like chiropractor, massage, Physical therapy, acupuncture, etc, special food, co-pays, time lost at work, time lost with family, money spent on other health conditions, etc.
- **You understand hormones**, head or neck injuries, weather, lights, etc. can play a part in migraines and *want to learn how to have control* over how they can stop impacting your life.

If this sounds like you, one of our Freedom From Migraines Method® programs is the ultimate, comprehensive solution you've been searching for.

It is designed to be the last step you'll need on your path to lasting migraine freedom through teaching you how to personalize The Migraine Freedom™ Protocol to meet your needs.

Along with migraine relief, you can expect a reduction in other symptoms and a decrease in future health issues by reducing chronic inflammation, the root cause of chronic disease and symptoms.

This program stands out by providing an approach you can easily tailor to you, access to daily coaching, and Q& A support via two weekly calls, ensuring you get the knowledge you need to make the best decisions for your health.

Our experienced coaches, who have found their migraine freedom through this protocol and understand your concerns like genetics, specific migraine diagnoses, head or neck injuries, and autoimmune disorders, are ready to guide you toward your migraine freedom.

	FFMM <i>Complete</i>	FFMM <i>Plus</i>	FFMM <i>Elite</i>
DAILY coaching support	✓	✓	✓
WEEKLY check ins	✓	✓	✓
2 WEEKLY group coaching calls	✓	✓	✓
Membership site access	4 months	9 months	12 months
Migraine Freedom Tools Shop	✓	✓	✓
Migraine Success Tracker	✓	✓	✓
Bonus Materials & Speakers	✓	✓	✓
FFMM Alumni Membership	available @ additional cost	3 months included	3 months included
1:1 Coaching Calls included		6 calls	9 calls
Recipes for Freedom access		✓	✓
Migraine Troubleshooting Audit		✓	✓
Surviving to Thriving Summit replay access			✓
WhatsApp Coaching			✓

FFMM COMPLETE \$3,500 (4 MONTH PROGRAM)

**\$500 DISCOUNT FOR PAY IN FULL - PRICED AT \$3,000*

IN THE FFMM COMPLETE PROGRAM YOU HAVE ACCESS TO. . .

Daily support & real-time coaching along the way from our Success Team

In the FFMM Complete program, you gain daily access to real-time support and coaching from our Success Team. This team, comprised of individuals who have personally battled migraines, provides you both understanding and practical strategies. These team members - which include a nurse practitioner, nurses, a retired chemistry professor, an life long educator, as well as amazing mothers and grandmothers like you- have all triumphed over migraines using the Migraine Freedom Protocol™ , the foundation of the FFMM programs.

This high level of support means that you will have the strong foundation needed to make lasting change around your migraine pain, ensuring that this isn't like previous attempts.

Furthermore, our team's firsthand experience allows you to bypass the costly mistakes and time-consuming pitfalls that we experienced, paving a smoother pathway towards results.

Weekly Check ins to ensure you are moving forward

In the FFMM program, you gain weekly access to dedicated check-ins. These check-ins serve to ensure that you steadily progress towards migraine freedom- reducing the duration, severity, and frequency of your migraines in a manner that fits your personal circumstances and family lifestyle.

This personalized approach ends the overwhelming confusion and disappointment that often accompanies independent research and self-guided trials.

On top of weekly module assessments check ins, there are twice weekly accountability and success group check-ins to ensure you stay on track to your goals.

Lastly, you receive access to two weekly coaching calls where your questions are addressed and your progress towards migraine freedom monitored.

These coaching calls, designed to ensure comprehensive coverage, delve into a wide variety of subjects from hormone balance and electrolyte symmetry to nutrition integration and mindfulness training.

Health concerns that might be obstructing your path to a migraine-free life, including autoimmune disorders, gut health issues, or medication concerns, are also addressed.

To accommodate your busy schedule and facilitate later reference, all coaching calls are recorded. You don't have to worry about missing out - the FFMM program is designed to allow even the busiest women to thrive on their migraine freedom journey.

Health concerns that might be obstructing your path to a migraine-free life, including autoimmune disorders, gut health issues, or medication concerns, are also addressed.

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4 MONTH access to ALL the teaching materials - The FFMM program provides you with a comprehensive four-month access to all of its educational content. This is segmented into 12 detailed modules, each aimed at systematically reducing migraines. As soon as you join as a Freedom From Migraine Method Member, you're granted access to these modules, allowing for immediate implementation.

Furthermore, you will receive no-cost access to any newly added or updated information within the duration of your program. By dedicating just an hour per week to your migraine freedom, you'll have ample time to not only complete the modules but also review any material that you deem vital for your journey to success.

coaching calls...

access to content

Our Tools Shop

The FFMM program gives you access to a special Tools Shop

This shop has an array of products specifically picked out for their benefit in lessening migraine discomfort. These items aren't magic bullets; they are vetted tools that help build your Migraine Buffer while unraveling your root cause.

The product assortment in the shop were carefully chosen based on practical experience - mine, our clients', our team's, and even that of trusted healthcare professionals. The Tools Shop caters to various categories such as health supplements, food items, informative books, essential oils, cleaning and personal care products, exercise aids, and even products inclined towards natural pet caretaking. (When our pets are healthy we are less stressed for sure!)

The Tools Shop items are part of an affiliate program. The marginal profit we make from the shop goes towards a significant cause - the FFMM scholarship Fund- aimed at assisting women who are unable to join one of our programs due to financial hardship.

Bonus Content

Bonus Guides & Speakers

From time to time we add Bonus material and invite expert speakers into your private group that supports other health concerns you are having such as insomnia, perimenopause symptoms (eg.hot flashes), anxiety, allergies, depression, restless leg syndrome, high cholesterol, thyroid issues, blood pressure concerns, insulin resistance, etc. You will receive no-cost access to any newly added or updated information within the duration of your program.

Success Tracker

Designed to help you identify your personal Migraine Threshold

this Migraine Tracker helps you and the team pinpoint how daily lifestyle choices and your environment may be exacerbating your migraine pain.

The Success Tracker helps identifying your personal Migraine Threshold so you focus on the critical areas of your life that need attention while disregarding those that do not. Ultimately, it clears your path, saving precious time, and aiding you in reclaiming your dream life.

Through active graphing, regular journaling, and daily exploration, the Tracker helps you accumulate important data that can then be brought to the coaching team of FFMM for deeper analysis allowing you to create a plan tailored exclusively for you.

FFMM PLUS \$5,100 (6 MONTH PROGRAM +3 MONTHS OF MIGRAINE FREEDOM ALUMNI SUPPORT)

\$700 DISCOUNT FOR PAY IN FULL - PRICED AT \$4,600

IN THE FFMM PLUS PROGRAM YOU HAVE ACCESS TO FFMM COMPLETE OPTIONS + ADDED BONUS WORTH OVER \$3500

Extended support 3 Months in FFMM Alumni Membership - a \$375 value

With FFMM Plus, you will benefit from 7 months of guidance from Debbie, instead of just 4 with the continued exclusive support in Freedom From Migraines Method Alumni Membership., where you can continue your access to all course material, all bonus guides and speakers in the FFMM group, tools shop, success trackers, and daily coaching support with the reassurance that you are not alone as you continue to find your lasting freedom.

Personalized 1:1 calls with Debbie a \$2700 value

6 personalized 1:1 calls with Debbie where you can dive into specific issues you feel need more undivided attention for your success. This is great for the women who is not only suffering with migraines but a combination of the following. . . advanced autoimmunity, anxiety, depression, cancer (past or present), heart issues, severe gut health issues, severe stress, past injuries or diagnosed neuralgias.

Troubleshooting Audit w/ a FFMM Success Team member - a \$297 value

Bonus Troubleshooting Audit from an FFMM Success Team member is your once-off, private auditing tool. It's a comprehensive form designed to help pinpoint precisely where your focus should be and identify any potential hitches that could slow your progress: allowing you avoid unnecessary time-wasters and fast forward towards your much-desired freedom from migraines.

Recipes for Freedom 1 year subscription a \$179 value

A 1-year subscription featuring 800+ migraine-friendly recipes

FFMM ELITE \$7,200 (9 MONTH PROGRAM + 3 MONTHS OF MIGRAINE FREEDOM ALUMNI MEMBERSHIP)

\$600 DISCOUNT FOR PAY IN FULL - PRICED AT \$6,700

IN THE FFMM ELITE PROGRAM YOU HAVE ACCESS TO FFMM PLUS OPTIONS + ADDED BONUS WORTH OVER \$4500

Extended support

3 Months in FFMM Alumni Membership - a \$375 value

With FFMM Elite, you will benefit from 12 months of guidance from Debbie including 6 months access to the FFMM Program and 6 months of continued exclusive support in Freedom From Migraines Method Alumni Membership.

Personalized 1:1 calls

with Debbie
a \$4050 value

9 personalized 1:1 calls with Debbie where you can dive into specific issues you feel need more undivided attention for your success. This is great for the women who is not only suffering with migraines but a combination of the following. . . advanced autoimmunity, anxiety, depression, cancer (past or present), heart issues, severe gut health issues, severe stress, past injuries or diagnosed neuralgias.

Surviving to Thriving

Summit Replays - a \$97 value

Surviving to Thriving for Migraine Sufferers in a Toxic Stress-filled World Summit replays. On your time, listen to 10 amazing experts in their fields as they share with you the key strategies that can take you from daily throbbing head pain, exhaustion, and anxiety to feeling energized, carefree, and pain-free.

WhatsApp Access

like having a coach in your pocket, priceless!

WhatsApp access to coaching-It's like having a coach in your back pocket. Text, audio, video and file sending capabilities through the app to ensure your getting real time responses to your concerns, questions and successes.

FFMM Alumni Program Success Stories



Lisa M.

1 d · 🌐

more progress! ...

I've made more health progress with [Debbie Waidl](#) in 6 MONTHS than I have with over a dozen doctors and alternative medicine practitioners in 11 YEARS!!!



Kathy S

Moderator

root cause approach

FFMM approaches migraines in the manner I was desperately looking for. Going back to the root cause, and through a 6 step approach, bringing the body back into proper balance so that it can do what it was created to do, which when that happens, migraine pain and cause have no foundation to stand on. FFMM is a "No Bandaid" approach. It is not a modality that simply masks symptoms from multiple meds that eventually fail. It is empowering to know a non sacrificial change in lifestyle can give lasting results that over time are more effective vs. less.

Like Reply 1 d



Andrea W

Allison D - this program works. Plain and simple. Watch the client videos success stories. I am one of them. 🙌

Love · Reply · 1m

sharing success 1

join the Freedom From Migraines Method
<https://debbiewaidl.com/join-now/ffmm>

Need Help Determining YOUR Support Level?

Are you struggling to pinpoint your exact migraine level or find that you resonate with multiple levels?

Are you questioning what move to make next and wondering if a conversation might shed some light on the path forward?

Let's touch base. I encourage you to set up a complimentary Migraine Breakthrough™ Call with me.

During our call, we'll delve into your situation, tackle any concerns you or your loved ones might have about how we handle things, and truly get to the heart of what you're experiencing.

This call isn't about quick fixes — it's about collaborating to map out your health journey with clear goals and uncovering real, sustainable solutions.

<https://debbiewaidl.as.me/migrainebreakthroughcall>

Your Migraine Breakthrough Call

Deborah M

I'm in the Uk too, the call is face to face on your phone

Ask all the questions

The support and community are amazing and it actually works if you're prepared to put the time and energy in

Best thing I've EVER done for my own health, and I've done some stuff!

Love · Reply · 20h



After my Migraine Breakthrough™ call with Debbie, I came to the realization that if I took the full cost of the program and divided it by 16 weeks and broke it down to what it would cost per day then flipped the script and said, "If I could pay extra amount of dollars each day to be pain-free and not have any vestibular symptoms would I?" ...and my answer was ABSOLUTELY I would!!

Rhonda F



Brenda Schinkel

My biggest fears were not only cost, but failure. To spend more money on something that would not help was holding me back from not only FFMM, but any other hopeful solution. But, after speaking to Barbie and hearing this approach that was not a quick fix but a whole health solution gave me the confidence that it was worth the risk...and it was!! It was also very helpful that my husband (who hated seeing me in pain, withdrawn, and not the person he once knew) encouraged me to proceed with his full support. He would, also, tell you this was the best money we spent on us!

Like Reply 1 d



Before getting on a call with the team for my Migraine Breakthrough™ Call, I did feel skeptical. I was afraid of spending more money on something that might not work. My husband, however, offered me tremendous support and encouraged me to take the plunge into the Freedom From Migraine Method® Program (FFMM).

Fast forward to today, I can confidently say that the FFMM has significantly improved my health. The insights and education I've received through FFMM have equipped me with tools to approach my health in a way that prevents migraine.

Terri J

Hi I'm Debbie!

Debbie is a Migraine Freedom™ Expert with over 15 years of practical experience and certified education in functional health and wellness

She is the founder of The Freedom From Migraines Method®, and the Migraine Freedom™ Protocol which have successfully supported countless women to greatly reduce the impact of migraines on their lives.

Debbie's passion stems from her experience with daily migraines and her desire to ensure no one has to live through decades of endless migraines as she did: canceling plans, not being able to take care of her kids, and missing out on important events in her life.

Debbie helps women just like you living with migraines uncover what is holding them back from migraine freedom so they can live their lives pain and symptom-free, spend the time they want with family and friends, and stop missing out on the things they enjoy.

Using The 6 keys of the Migraine Freedom™ Protocol, Debbie teaches women how to address chronic inflammation for lasting results, eliminating the need for countless medications and quick band-aid approaches.

My mission, my passion in life, is to use my experience to support women dealing with the same struggles I had and help them end their pain.



Time for you to experience...

...no more missing out on life ...no more canceling plans with family and friends ...no more calling in sick to work Time for you to take control of your health and live your life on your terms.

The information provided in this handout is designed to provide helpful information on the subjects discussed. This handout is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation to any person reading or following the information in this handout. References are provided for informational purposes only and do not constitute an endorsement of any websites or other sources. Readers should be aware that the websites listed in this handout may change