

## TheraSpecs one-sheet and summary

TheraSpecs® glasses filter out harmful light to soothe the brain. Their precision tint has been shown to relieve light sensitivity, protect from fluorescent lighting, and reduce migraines, headaches, and eyestrain.

### TheraSpecs Summary

- Reduce migraine and headache frequency
- Protect from the part of fluorescent light that makes people feel ill
- Relieve sensitivity to light (which can be caused by more than 50 conditions, including cataracts, autism, epilepsy, chemotherapy, and migraine)

### How they work

- Not all wavelengths of light cause the same pain response; TheraSpecs filter these wavelengths for relief – better than sunglasses which cause a pupillary response when worn indoors
- Fluorescent lights pulse faster than you can see, stimulating the brain and causing eyestrain and headaches in sensitive people; TheraSpecs filter the wavelengths that contain this pulsing to protect the eyes and brain

### Statistics

- A study of the tint used in TheraSpecs showed migraine frequency going from an average of 6.2 to 1.6 attacks per month – more than a 74% reduction
- Medication overuse headache worsens an estimated 60% of chronic headache sufferers pain
- 36M Americans get migraines (1 in 4 households are afflicted; 18% of women, 6% of men overall)
- The WHO ranks migraine in the top-20 debilitating conditions
- On the pain scale a bad migraine ranks 8/10—similar to childbirth!
- More than 90% of sufferers are unable to work or function normally during their migraine.
  - Migraine estimated to cost employers \$13B annually in America from 113M lost work days

### Background Story

- TheraSpecs were created out of a personal need for migraine relief
- Created by Hart Shafer for his wife Kerrie
- Kerrie suffers from chronic daily headache and frequent severe migraines
- Kerrie has been blogging about her experience at [www.thedailyheadache.com](http://www.thedailyheadache.com)
- The full background story is at [www.theraspecs.com/background/](http://www.theraspecs.com/background/)

### Research References

- Available at <http://www.theraspecs.com/why-theraspecs/>



### **Customer Quotes**

I popped my TheraSpecs on and the first word that came out of my mouth was "ahhhh!" Light has always been a big trigger for me and I can tell TheraSpecs are reducing my migraines. They are an especially welcome treatment because they are drug-free. TheraSpecs are a small miracle for this chronic migraineur!

—*Julie P.*

Franklin, Tennessee

I have multiple sclerosis and fluorescent lights have always been a big problem for me, preventing me from going grocery shopping and running other errands. I call my TheraSpecs my "miracle glasses" because they have given me back the freedom to go where I want. Big, big thumbs up!

—*Nancy W.*

Pollock Pines, California

The bright fluorescent lighting in stores and hospitals normally makes my head explode within the first few minutes. With TheraSpecs I can take my time. TheraSpecs make a huge difference. They were life changing for me!

—*Sue I.*

Thunder Bay, Ontario