

HEADACHES/MIGRANES



Causes

- Metabolic/endocrine disorders
- Toxicities
- Food allergies/allergies
- Diet
- Orthopedic factors
- Sleep

Causes

(Continued)

- Weather changes
- Environmental factors such as bright lights
- Health problems such as hypertension
- Iatrogenic

Symptoms Preceding Migrane

- General complaints
- Head symptoms
- Sensory
- Sight
- Abdominal
- Language/comprehension
- Mood/behavior

Symptoms Accompanying Migraine

- Sensory
- Visual
- Gastrointestinal
- Urinary
- Circulatory
- Neurologic
- Mental/emotional (affective)
- Miscellaneous
 - Nasal congestion
 - Soft tissue swelling
 - Fatigue
 - Weight gain
 - Fluid retention
 - Electrolyte imbalance

Natural Approaches

- **Nutritionals:**
 - **Diuretics** - Help alleviate some pain & discomfort associated with menstrual migraine
 - Vitamin B6 & Vitamin C - Vitamin C also an anti-inflammatory, anti-swelling & pain -relieving
 - Products containing couch grass, corn silk, hydrangea
 - **Choline**
 - **Calcium** - Nerve stabilizer
 - **Magnesium**
 - Minimizes vascular instability in arteries
 - Regulates spasm/relaxation of arterial smooth muscle

Natural Approaches

(Continued)

- Nutritional Continued:
 - B Complex
 - Reduces inflammation as well as phenylbutazone
 - Folic acid reduces swelling
 - B3 (niacin) taken at first sign of headache minimizes pain, vasodilator
 - B12 with B1 & B2 - pain-relieving & anti-inflammatory
 - Eicosapentaenoic acid
 - Zinc
 - 5 HTP - Increases serotonin levels
 - Ginger
 - 500 - 600 mg within 30 minutes
 - Inhibits prostaglandin & thromboxane formation

Natural Approaches

(Continued)

- Nutritional Continued:
 - Pokeweed Root
 - Contains resins & alkaloids with narcotic-like, pain-relieving actions
 - Feverfew
 - Sublingually may abort migraine
 - Caffeine
 - Diuretic, reduces swelling
 - Helps constrict dilated, swollen arteries

Other Recommendations

- Cap the pressure
- Digital massage
- Pressure points
- Auricular therapy
- Oxygen
- Chiropractic adjustments
- Lie down with ice pack on neck or head
- Acupressure

Other Recommendations

- Compresses
 - Lavender oil
 - Lavender water
 - Cod liver oil
 - Vinegar
- Inhale vapors
 - Peppermint or wintergreen in boiling water
 - Vinegar & Water
- Eat regularly, avoid known food triggers

Herbal Teas

- Angelica
- Ginger
- Balm
- Chamomile
- Feverfew
- Hops
- Lavender
- Majoram
- Vervain
- Catnip
- Woodruff
- Parsley
- Mint
- Passion Flower
- Rosemary
- Sage
- Thyme
- Melissa

Labs

- Adrenal Stress Index
- IgG4
- GI Health Panel
- Organix
- Element Mineral Panel
- Dysbiosis Panel
- Digestion Efficiency Panel