

PREVENTION OF MIGRAINE HEADACHES THE “NATURAL WAY”

-90% of all headaches are either migraine or so called tension headaches, or a mixture of the two. 25% of Migraine headaches occur with an aura.

-16% of women and 6% of men suffer from migraine headaches in the United States -Migraine headache TRIGGERS

- menstruation
- strong smells
- gum chewing
- teeth grinding (night) -dehydration

- lack of sleep/insomnia
- rapid weather changes
- alcohol, especially red wine, dark beers -low blood sugar
- aspartame
- dietary

- processed meats
- MSG (monosodium glutamate)
- aged cheese
- chocolate
- caffeine

-Possible: imbalance in essential fatty acids, with too many omega 6 fats and not enough omega 3 fatty acids. Ideal ratio is somewhere between equal CONSUMPTION of omega 3's and omega 6's up to about 4 to 1 omega 6's over omega 3 fats. Restricted n-6 consumption and or increased n-3 EPA and DHA intake seems to increase the abundance and subsequent metabolism of EPA and DHA metabolites with proven analgesic/anti-inflammatories properties (omega 6 = n-6 and omega 3 = n-3)

*dietary triggers can act 1-2 days after consumption

*8-20% of patients with migraine headaches report a dietary trigger -
PREVENTING MIGRAINE HEADACHES THE “NATURAL WAY”

**The ENTIRE “program” should be DAILY, “FOREVER”

**A thorough Ophthalmological exam is part of a medical headache evaluation.

As a result, over the last 40 years I have examined “headache patients” 100’s of times. The following prevention program has been an important part of my recommendations to patients. In most cases, the number and severity of migraine headaches has been significantly REDUCED. It may take up to THREE months to MAXIMIZE the reduction in headache numbers/severity.

1. avoid dietary triggers
2. 7-8 hours of sleep nightly
3. 45-60 minutes of physical activity most days
4. breakfast, mid-morning snack, lunch, afternoon snack, dinner
5. hydrate ! Your pee should be “clear”, unless yellow from B-vitamins
6. 1-2 cups of berries most days (all berries are great, but be sure and include blueberries in the “mix” multiple times weekly). ALSO, purple grapes, Concord grape juice, pomegranates/pomegranate juice, raisins, eggplant, Tart cherry juice, cherries, and Cherry juice. All juices should be 100% juice.
7. aim for a BMI (body mass index) of < 25
8. Go organic when possible, and use paraben/phthalate free products. No pesticides!!
9. BECOME A “SEAFOOD LOVER”: 3.5-4.0 ounces of fish 2-4x weekly. The following seafood have always been on my SuperFoods list: Wild Alaskan salmon-Sockeye being my favorite, Herring, Albacore tuna (6 ounces/week), Oysters, Clams, Arctic Char, Halibut, Sardines, Crab, Mussels, Mackerel

10. SUPPLEMENTS

Daily Vitamin: Douglas Labs Ultra Preventive X (found on our website), one with breakfast and one with dinner.

-Turmeric: Natural Factors Turmeric & Bromelain 450 mg: 2 with breakfast, 2 with dinner.

-Magnesium: Douglas Labs Magnesium Glycinate (found on our website) 1-1.5 tablets-take with meals 2x daily.

-Bilberry Extract: one 2x daily with food (any mg “dose” will do, there are multiple companies and products. Bilberry = European blueberry.

- Cinnamon: Nature’s Way Standardized Cinnamon: 500 mg with food 1x daily. www.naturesway.com

-Douglas Labs Methylated Resveratrol Plus (Can be found on our website) 1/2 tablet 2x daily with food

-Vitamin D3: Usana (can be purchased on our website) dose/day depends on your 25(OH) vitamin D3 level. Aim for a blood test result of 50-75 ng/ml. See your healthcare professional for guidance as to your individual dose to achieve the aforementioned level.

-CoQ10: There are many brands, and a wide variation in price. My favorite is Kirkland Maximum Potency CoQ10 300 mg. Take one with breakfast daily. www.costco.com

-Probiotics. Douglas Labs Multi Probiotic 15 Billion (can be found on our website) Since 75% of our immune system is in our GI tract (the so called “Gut”), and inflammation plays a role in headaches, and since our immune system is the primary regulator of inflammation throughout the body, probiotics play a role in headache prevention (by promoting GI/immune system health).

-Alpha-Lipoic Acid. There are many brands and strengths of this potent antioxidant and mitochondrial “booster” (mitochondria are the energy

production centers in our cells). My favorite supplement: Jarrow Formula R-Lipoic Acid + Biotin. Take one capsule with breakfast daily. www.Jarrow.com

Taurine: Douglas Labs Taurine (can be found on our website) Take on 2x a day.

-Omega 3 fatty acids. My favorite is Nordic Naturals Pro Omega 2000. This can only be purchase through a physician. Purchase on our website

-There have been studies reporting the efficacy of two botanicals: Feverfew and Butterbur. I have no experience with these two products. As a result, I cannot recommend their use in the prevention and or treatment of headaches. “The Natural Way” does not discuss the prescriptions used for Migraine or other Headaches. See your health care professional. The “Natural Way” CAN BE USED in conjunction with more traditional medical therapies

-ALL PATIENTS WITH HEADACHES SHOULD BE EVALUATED BY A HEALTH CARE PROFESSIONAL TO BE SURE A LIFE-THREATENING MEDICAL CONDITION DOES NOT PLAY A ROLE IN YOUR HEADACHE