

MIGRAINE HEADACHE

An intense, incapacitating neuro-vascular headache, accompanied by symptoms like vision changes, light and sound sensitivity, intense throbbing pain on the side of the head, nausea and vomiting.

POSSIBLE CONTRIBUTING FACTORS



- Dehydration
- Chronic stress (it increases prevalence, especially in women)
- Insomnia
- Poor posture and/or spinal misalignment, which can cause nerve compression
- Food sensitivities: most commonly wheat, orange, eggs, tea and coffee
- Food triggers:
 - Tyramine: cheese, cured meats, alcohol and vinegars
 - Tannins: tea and wine
 - Sulfites: wine and cheese
 - Artificial sweeteners and additives such as MSG
 - Caffeine (but varies by person)
- Histamine intolerance (FYI - DAO levels needed to break down histamine significantly increase during pregnancy, so if migraines reduce during pregnancy, this can be a clue!)
- Fluctuations in atmospheric pressure
- Low serotonin (dilates blood vessels to initiate migraines)
- Certain heavy metals such as cadmium and lead
- Hormonal changes / drop in estrogen (especially around ovulation or right before menstruation)
- Nutrient deficiencies: magnesium, CoQ10, B vitamins

LIFESTYLE & DIETARY RECOMMENDATIONS



- Hydrate well with spring or filtered water. Urine should be a pale, light yellow. Add electrolytes.
- Eliminate common food triggers and sensitivities (see above food & additive list)
- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed foods and hydrogenated oils
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often
- Focus on sleep hygiene
- Consider chiropractic spinal manipulation
- Consider massage therapy.
- Sauna therapy at least 3 x per week to help excrete heavy metals. Hydrate well before and after.

SUPPLEMENT CONSIDERATIONS



- Adrenal adaptogens or glandular if stressed
- High dose vitamin B2
- Magnesium
- CoQ10
- 5-HTP with vitamin B6 for sleep disturbances (contraindicated if taking SSRIs)
- DAO enzyme