

# Migraine Headache

## Patient Information Sheet

### Causes & Mechanism of the Disease

Migraines are painful throbbing or pounding vascular headaches, occurring on one side of the head or the other, that last for hours and sometimes days. Light, noise, and movement often intensify the pain. Migraines affect 20-25% of adults.

Researchers have found that in susceptible individuals, triggers cause blood vessels in the head to tighten and then expand causing nerve irritation which results in a migraine headache. Triggers may include food allergies, abnormal serotonin levels, alcohol, chemicals and food additives, withdrawal from caffeine, stress and emotional changes, hormonal imbalance and changes, sleep problems, etc. Neurovegetative parasympathetic and alphasympathetic hyperfunction with insufficient betasympathetic activity is also implicated. Drs. Duraffourd and Lapraz refer to migraines as “asthma of the brain.”



Classical treatment for migraine headaches includes analgesics (pain relievers), non steroidal anti-inflammatory drugs, serotonin agonist drugs, beta blockers, and calcium channel blockers. These options fail to address the underlying cause and have the potential to cause serious side effects.



### Suggested Dietary & Lifestyle Modifications

- Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains (especially rice) and legumes.
- Include fish, garlic and onion in the diet.
- Avoid vasoactive compound containing foods such as chocolate, cheese, beer and wine.
- Avoid dairy products (substitute rice or almond milk for cow’s milk - can mix with coconut milk).
- Avoid caffeine. Identify and eliminate food allergies.
- Drink plenty of fluids (mostly purified water and herbal tea such as chamomile).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners. Stevia is O.K.
- Limit **refined** carbohydrates (sugar, white flour, white rice)
- Limit foods high in saturated fat (butter, cream, cheese, fatty meats).
- Do aerobic exercise at least 20 minutes three times per week.
- Reduce stress.



## Supplements That May Be Beneficial

- Tranquility (5-HTP\*, passionflower, inositol)
- Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)
- PhytoCalm (california poppy, motherwort, melissa)
- Ultra Cal-Mag Chelate\*\*
- Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant



\*5-HTP should not be used in combination with SSRI antidepressant medications, Carbidopa, Sumatriptan, Tramadol or Zolpidem.

\*\*Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.

## Complementary Treatments That May Be Beneficial

- Ortho Flex Extra and/or Tranquility Essential Oil Combinations (one or more of the following methods)
  - place 3-4 drops on a handkerchief and inhale
  - dilute several drops in a vegetable carrier or natural lotion and massage on temples and neck
  - place several drops in a bowl of icy cold water, saturate a wash cloth in the mixture, wring out and place on forehead as a compress
    - Biofeedback and relaxation therapy
    - Massage Therapy
    - Chiropractic care
    - Reflexology
    - Acupuncture or Acupressure
    - Yoga



Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

### References:

CDC: Centers for Disease Control and Prevention. (2017) Morbidity and Mortality Weekly Report. Retrieved on February 25, 2019 from, [https://www.cdc.gov/mmwr/volumes/66/wr/mm6624a8.htm?s\\_cid=mm6624a8\\_w](https://www.cdc.gov/mmwr/volumes/66/wr/mm6624a8.htm?s_cid=mm6624a8_w)

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