



MIGRAINE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Control stress and avoid extra obligations.
2. Avoid smoking and alcohol consumption.
3. Avoid use of toxic cleaning chemicals and recreational drugs.
4. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Avoid tyramine containing foods such as aged cheeses, brewers yeast and yeast containing foods such as bread and soups, pickled, aged, smoked and fermented meats including frankfurters, pepperoni, salami, bacon, bologna, and ham, chocolate, citrus fruits, red wine, and beer.
2. Avoiding tannin containing foods may be helpful such as black teas, many herb teas, apple juice, dates, kiwi, peaches, berries, coffee, carob, alfalfa, walnuts and pecans.
3. Dairy products often aggravate sinus congestion which can contribute to migraines.
4. Avoid known food allergens.
5. Eat a diet high in omega 3 fats including fish such as salmon, mackerel and sardines.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

Migranol:	2 with breakfast and 2 with lunch, 4 per day
B-Supreme:	1 with breakfast and 1 with lunch, 2 per day
Amino-D-Tox:	2 capsules with breakfast, lunch and dinner, 6 per day
Probiotic Synergy Probiospheres:	1 with breakfast and 1 with lunch, 2 per day
Q•Avail VS 100:	1 softgel twice per day

*In cases of premenstrual migraines, check hormone levels. Progesterone levels may need to be increased by direct supplementation or indirectly by giving Pregnenolone and/or DHEA.

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