



Headaches or migraines





HEADACHE PROTOCOL

RETURN TO SYMPTOM-FREE CYCLES

Introduction

Headaches or migraines are debilitating symptoms that affect the quality of your personal and work life. In the guide you will receive lifestyle, nutrition and supplement recommendations that can help prevent headaches or migraines.

THERE CAN BE VARIOUS TRIGGERS FOR MIGRAINES INCLUDING:

- Dehydration, caffeine, previous head or spine injuries, high histamine foods like chocolate, red wine & aged cheese
- A drop in estrogen in the premenstrual phase
- **Estrogen dominance**
- Imbalance in the thyroid and cortisol hormones
- **Deficiency** in nutrients such as B2 & magnesium

Your health practitioner might recommend birth control as a preventative medication, but might only work for some. In other women birth control might cause headaches or make them worse.

LIFESTYLE & NUTRITION

- ✓ Avoid wheat
- ✓ Hydrate. Add a pinch of Celtic salt to your daily water. Drink coconut water for an extra electrolyte boost
- ✓ Add anti-inflammatory foods such as ginger, turmeric, fatty fish like salmon
- ✓ Increase healthy fatty acids like cold pressed olive oil and raw nuts and seeds
- ✓ If headaches persists after trying a wheat free diet and supplementing B2 & magnesium, follow a low histamine diet: Avoid alcohol, dairy, aged cheese, fermented foods, avocado, smoked or tinned fish, shellfish, yeast, vinegar & deli meat. You might not have to remove all of the above, just reduce it to prevent an histamine reaction.



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SUPPLEMENT RECOMMENDATIONS



B2: 400 mg daily for 3 months.

Brands:

- www.organicchoice.co.za: Vitamin B2 (Willow): R372.00
- www.energize-health.co.za: Nutrigreen Vita B2: R180.95
- GNC 100mg Vitamin B-2 Vegetarian Tablets 100 Tablets. Available at Clicks: R219



Magnesium: 300 - 600 mg
magnesium glycinate / citrate
topical

Brands:

- www.happyhormoneclub.co.za Topical Magnesium Spray: R240
- Metagenics Mag Glycinate at Dischem: R325.95



Bio-identical progesterone 5 days
before your menstrual phase

Brands:

- Phyto Force - Meno-mise at Wellness Warehouse: R369.95



Tissue salts 8 & 11: 3 per day for the
second half of your cycle (Start 14
days before your period starts)

- Dischem or health shops: R75

ESTROGEN DOMINANCE

Migraines may be worse when you have estrogen dominance. Addressing the root causes of high estrogen will be beneficial:

- Improve gut health to ensure a daily bowel movement
- Reduce exposure to xenoestrogens & toxins from plastic water bottles, pesticide & fragrance.
- Improve liver detoxification by reducing alcohol consumption

EXPERIENCING MIGRAINES AT THE END OF YOUR MENSTRUAL PHASE?

If you get headaches or migraines at the end of your menstrual phase it is not due to hormonal fluctuations, but rather due to blood loss, and best to treat with iron (Briden, 2018:219).