



## **Triggers for your Migraine Headaches:**

### **Food Allergies:**

Symptoms - fatigue, brain fog, bloating, irritable bowel syndrome, joint or muscle pain, postnasal drip and sinus congestion etc...

Testing - IgG food allergy panel, celiac panel since wheat gluten are among the biggest causes of migraines. Stool testing for yeast and bacterial imbalances that come from the gut.

Treatment - an elimination diet (no gluten, dairy, eggs and yeast is a start). Get the gut healthy with enzymes, probiotics and omega 3 fats.

### **Chemical Triggers**

Processed food diet including aspartame, MSG, nitrates (deli meats), sulfites (wine, dried fruit, salad bars). Avoid Tyramine containing foods like chocolate and cheese are other triggers.

Treatment - get rid of additives, sweeteners, sulfites and processed food. Eat a diet rich in whole foods and phytonutrients.

### **Hormone Imbalance**

Causes - premenstrual syndrome (too much estrogen and not enough progesterone causing changes in ovulation) with bloating, fluid retention, irritability, breast tenderness, cramps; use of birth control pills or hormone replacement leading to too much hormone.

Testing - Saliva hormone and Adrenal testing – correct to your individual needs

Treatment - Eat whole foods, low-glycemic load, high phytonutrient diet with flax, soy and cruciferous vegetables (broccoli, cabbage, Brussels sprouts cauliflower. Avoid alcohol, caffeine, sugar, and refined carbs. Exercise and stress reduction.

### **Magnesium Deficiency**

Symptoms - Anything that feels tight or crampy like headaches, constipation, anxiety, insomnia, irritability, sensitivity to loud noises, muscle cramps or twitching and palpitations.

Testing - Check red blood cell magnesium levels. Even this can be normal in the face of total body deficiency, so treatment with magnesium based on the symptoms is the first choice.

Treatment – Treatment will depend upon your unique deficiencies. If you have kidney disease of any kind, do this only with doctor's supervision.

### **Mitochondrial Imbalances**

Symptoms - Fatigue, muscle aching, and brain fog, although sometimes the only symptom can be migraines.

Testing - Checking urinary organic acids to assess the function of the mitochondria and energy production. Treat to your imbalances



Keep in mind that sometimes a combination of treatments are necessary. Consider herbal therapies like feverfew and butterbur, acupuncture, homeopathy, massage and chiropractics.