

# HEADACHES & MIGRAINES

## CONDITION PROTOCOL

### Supplementation Regimen:

#### Severe Pain:

- Natural NSAIDs Pak, 1 packet morning and night
- Optimal EFA, 1 capsule 3 times daily
- Essential Magnesium, 2 morning, 2 at night

**Moderate Pain** (pain that flairs up intermittently, when full healing has not yet occurred, or when job/lifestyle put causes excess stress):

- Natural NSAIDs Pak, 1 packet each morning
- Optimal Fruit & Veggie Plus, 1 serving daily



**\*\*NOTE: IF THE NATURAL NSAIDS PAK CAUSES AN UPSET STOMACH, SWITCH TO ESSENTIAL PROTECT AND TAKE 2 CAPSULES BETWEEN MEALS, TWICE DAILY.**

### Nutrition Regimen:

- Cut out processed foods, fried foods, and carbonated beverages
- Eat more raw fruits and vegetables, specifically cherries, blueberries, spinach, and arugula
- Eat more foods that contain healthy fatty acids, specifically avocados, coconut oil, flax seeds, soy beans, and salmon

### Exercise Regimen:

- Exercise in water (or other exercises with minimal pressure to injured area) for 20 minutes, 3 times per week

### Additional Recommendations:

- Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)
- If NSAIDs are used, supplement with:
  - Optimal Whole C - Chewables, 2 chewables morning and night
  - Optimal Liver Kidney, 2 capsules morning and night