

drbaker

I, ironically, became a chiropractor because of migraines. I have read your articles on this condition for years and found them incredibly important in my own journey with migraine and with my patients. I now supplement with the vitamins and minerals you listed. But after reading your article and contemplating my own experience I know now: my migraines started in childhood with abdominal migraines; were greatly exacerbated by hormones due to my problems with my monthly cycles and infertility; have dramatically waned with age (66 now) and wisdom? I know my triggers: stress, and hormones now not an issue that I can discern.

Upper cervical chiropractic helped tremendously but also it's influence on the (anterior) pituitary gland. Monthly cycles improved, fertility was restored and migraines diminished (but not entirely remitted). I have an aura but not with the migraine; often after or before and very mild. Eating whole, organic food and supplementation has vastly improved my health overall, as well as nearly eliminated migraines. I do not know the status of my Circle of Willis; I do know I have substantial cervical ligament damage from accidents and sports. Upper Cervical chiropractic addresses the neurology, therefore the circulatory aspects of the brain stem.

This is great information to share with my patients; and I have definitely learned that there are many triggers to address with my patients, all listed here. I have seen it all and learned from each patient. I have great compassion for migraine sufferers and feel I have usually been able to help them if they are willing to do that which will benefit them. I share the great information you have provided over the years. As I say to my patients daily, you are my go to doctor for all things health. God bless!

Posted On 04/22/2024

Guillermou

Several sleep disorders, such as insomnia, obstructive sleep apnea syndrome, and restless legs syndrome, are associated with migraine. The aforementioned aspects are also related to the obesity/overweight framework, in which an active pro-inflammatory state is characterized by higher levels of pro-inflammatory cytokines, alterations in the homeostasis of the adipocytokine-leptin system, adiponectin related to hyperinsulinemic states, modification of energy metabolism. and mitochondrial oxidative stress. The prevalence of obesity/overweight in children and adolescents with migraine is around 50% to 60%. Dietary triggers (such as chocolate, caffeine, alcohol, nitrites, aspartame and gluten) may contribute to the onset of migraine episodes in children, as have also been reported in adults, showing an impact on energy homeostasis , modulation of neuropeptide release, neuroreceptors, ion channels and nitric oxide release, vasodilation and vasoconstriction Linking with Dr. Mercola, fish oil, magnesium, probiotics, riboflavin, melatonin, vitamin D, coenzyme Q10 are the most commonly applied nutraceuticals for the treatment of migraine, also in pediatrics.

These substances appear to participate in the regulation of various vascular and neuronal mechanisms, including neuroinflammatory blockade, mitochondrial oxidative stress (MG; melatonin, riboflavin), calcium channel blockade, serotonin receptor activity (MG; VIT D), the effects on CGRP (MG; melatonin) synthesis and N-methyl-D-aspartate glutamate (MG) receptor blockade.

It is well established that the gut-brain axis is involved in many neurological diseases and probiotic supplementation may be an interesting treatment option for migraines. In a meta-analysis, high-dose EPA/DHA supplementation can be considered a first-line treatment for migraine prophylaxis.

Posted On 04/22/2024

Guillermou

Melatonin mechanisms are related to headache pathophysiology in many ways, including its anti-inflammatory effect, nitric oxide synthase activity and inhibition of dopamine release, membrane stabilization, GABA, and potentiation of opioid analgesia, glutamate protection against neurotoxicity, neurovascular regulation and serotonin modulation. Considering that migraine in a biopsychosocial context is influenced by biological, cognitive, emotional and environmental factors, psychological treatment, including cognitive behavioral therapy (CBT), should be considered.

Psychotherapy and biobehavioral treatments have been shown to play a key role in the treatment of migraine and primary headache. Mindfulness is a therapeutic approach that focuses on the present, on bodily sensations, thinking and emotions, including pain, by fostering a perspective of openness, interest and recognition that improves the decision-making process and self-efficacy. pro-inflammatory and interleukin 6. Long-term practice also showed increased telomerase activity and downregulation of inflammatory response genes Aerobic training is essential in the prevention and treatment of many diseases and the right intensity can be helpful for migraines, while yoga is an excellent lower intensity option.

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Almond

Migraines often result from toxicity--whether endotoxins or exotoxins. They are a sign of imbalances within the biome. Organ imbalances, esp. liver overload. This is an old Chinese remedy. => In such cases, one can try drinking the juice of one freshly-squeezed lime morning and night until there is total relief. You may need to do this for a month and repeat. It must be freshly-squeezed lime juice. Your challenge nowadays will be to find limes that are not treated with Apeel. I don't know why growers who sell directly to supermarkets do not advertise, esp.

on bagged fruit, if their fruit does not contain Apeel. I think it would be a huge selling point. I understand that Apeel produce can be sold as "organic". Acupuncture can also provide rapid relief from migraines for many people. The only time I had migraines was around the time I was diagnosed with advanced cancer. I cannot imagine how terrible it would be to not recover and suffer the effects of migraines, the misery of cancer and also drugs at the same time.

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DebbyW

What some people think is a migraine maybe isn't. I woke one morning on a vacation about two years ago with this intense headache on one side of my head, from the base of my skull to my forehead. I took ibuprofen, but it didn't go away--for months. After the first few months, it lessened over time, but didn't go away. About eight months after the onset, I watched a video by a Russian chiropractor/neurologist/kinesiologist. He demonstrated a neck exercise that loosens neck and shoulder muscles. After much crackling on one side for several episodes of the exercises, my headache went away, and I haven't had one since. I continue the exercise every morning, and I'm amazed that I have had no headaches in over ten months. This is a Russian doctor, so there's a dubbed translation. The exercise I do starts at 15:38. www.youtube.com/watch

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momofmany13

I had debilitating migraines for years. Someone told me to take 3 aspirin and a couple gulps of coke(I would do Mexican coke) It did get rid of them if I caught it soon enough but of course it wasn't good for me. Then someone told me about Moringa, a superfood supplement. Since taking it I have rarely ever had a migraine. I do not take it every day anymore but it has been a wonderful life saver. Butterbur can also help but Moringa has been wonderful.

Posted On 04/22/2024

Darwina

Hayfever time with severe grass seed intolerance equals major migraines. For others it can be dust mite inhalation. All solved with an antihistamine nasal spray or when it gets too bad desensitisation injections.

Posted On 04/21/2024

HealingMindN

That's a deep consideration since different people have different symptoms due to histamine intolerance.

Posted On 04/22/2024

iro5345

Excellent presentation. I am lowering my PUFAs. My family thinks I am crazy. My daughter, 21 year old, has been suffering from Migraine head aches for a long time. I am going to buy the book by Suzie Cohen. Hopefully that will help her.

Posted On 04/25/2024

dude01

Haven't had migraines for several years now. But when I did get them in the past, a small amount of Mag Landrace Indica Cannabis almost always provided instant relief.

Posted On 04/23/2024

Momtad

Or as I discovered after suffering for 70 years, I discovered I could not eat chicken eggs and a few months later chicken. Since I've eliminated both, I have not had a headache.

Posted On 04/22/2024

I took up personal research of refs re migraine causation p suffering fr them 4most of the 1980s p college graduation & beginning my 1st job as a professional. Stress-triggered & occasional, tho sentencing me to dark, silent bedrest 4any shred of solace, I found I didn't ingest most foods on suspected trigger lists. However, I was in the maelstrom of fresh adulthood in a new city/state, betrothed 2a workaholic travelling salesman gone M-F w "0 time 2ph home" if away. He convinced me 2tk the Pill q d tho its effects were usu needed @most no > once/wk: An Rx endured despite my 100-ref thesis the yr b4 coupling nutrient deficits w oral contraceptives, esp vits B6 & B9/folic acid.

He held 2a navet still alive tday, "Govt wldn't let em b sold if they're unsafe." So the fallible faith of my fianc in this faceless grp meant my F opinion ws swiftly discounted however scholarly. With clipped self-esteem I compromised 4love. I had 5 yrs as a lab rat & got my 1st migraines. Inevitably I also began showing signs of low vits B6 & B9, which my RPh sister described as Raynaud's symptoms. My hands, ft & upper lip became painfully numb w cold temps, esp handling frozen items lk food; I donned glvs 2shop the grocer's freezer aisle! I also got my only migraine w stiff neck in Europe during a month-long, hi-energy-output choral tour in 1987.

I felt so deathly, I cared diddly-squat I ws missing Paris, & I scarcely recall accepting a host's offer of refuge & solitude sans light & noise. P the tour bck home I saw a U.S. Dr's Chinese study finding a migraine-dairy food link & an adult aversion2 cow milk allowing its only 4a child. I'd heard this fr my ESL Chinese students2 so my no dairy experiment began, replacing my tid bev of choice w soymilk. YES my migraines ceased!! Due2 dairy or other changes made? The Rx Xpired (w its numbness). I left the sapping boy & the problem soy. Min dairy x30 yrs had issues2 bt my dairy darling & I hv recently reunited in the raw & it's pure bliss!

Posted On 04/22/2024

AntoniaG

I have had migraines since age 10. After meno, they became way more frequent, 3 - 5 a week. I have tried every therapy imaginable, kept food diaries, and only use olive oil or gf butter or ghee for cooking. Aside from butter, I consume no dairy and no gluten. I also use all the recommended supplements mentioned in the article. I have an excellent chiropractor. Recently, I went 11 days without a migraine and then a whole week, however, without any change in diet, exercise, sleep etc, this delight was short-lived.

Posted On 04/22/2024

pal4949

I've also had them since I was a small child. Did you try NAC? That has been a game changer for me, coupled with acu/chiro.

Posted On 04/22/2024

Darwina

A friend of mine and her niece too suffered constant migraines. She is now on folic acid and b12 and has cut her migraines from 1 or 2 a week to about 1 a month. Her niece has been helped greatly too. In their case its probably a genetic thing.

Posted On 04/22/2024

DebbyW

My daughter used to get migraines. She had a hysterectomy two years ago due to a 7 pound fibroid on the outside of her uterus that was also attached to one ovary. Both had to come out. Down to one ovary now and she doesn't get migraines any longer.

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