

## What about . . . MIGRAINES?

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Headaches are bad enough, but, oh, those migraines! Here are some thoughts for those of you who are experiencing this terrible pain.

### Symptoms

Migraines usually begin sometime between the teen years and the age of 40. Typically affecting one side of the head, they can last anywhere from a few hours to a few days. Some people have them weekly, others have fewer than one a year. **Classic migraines** begin with warning signs such as flashing lights or colors, feeling of looking through a tunnel, and/or one side of the body feeling prickly, hot, or weak. These can last about 15 to 30 minutes before pain commences. **Common migraines** are indicated by tiredness, depression, restlessness or talkativeness for 2 or 3 days before the headache actually begins.

### Causes

Scientists formerly thought constriction (aura, nausea and vomiting) and dilation (pounding pain) of blood vessels caused migraine headaches, while muscle contraction caused tension headaches. However, new research is leading to the belief that both migraine and tension headaches have the same origin in the brainstem: the *trigeminal nerve*, located behind the eyes and nose.

The largest in the head, this nerve carries sensory impulses to and from the face. When stimulated by a certain headache trigger, it releases a burst of *neurotransmitters* (chemicals that pass impulses from one nerve to the next) which in turn normally prompts release of yet another neurotransmitter: *serotonin*. Interestingly, low serotonin levels can not only cause the headaches to continue rather than being halted, but low levels also are associated with both depression and sleep disorders, both of which afflict many headache sufferers.

### Triggers

Unfortunately there are a host of migraine triggers from fluorescent lighting, to sudden loud noises or strong chemical odors, to molds in carpeting or heat/cold ducting, to low blood sugar. Numerous women get headaches before or during their monthly period.

Many foods also contain triggers such as the **Tyramine** found in alcohol (especially red wine),

aged cheese, chocolate, organ meats (kidney, liver), sour cream, soy sauce, vinegar (relish, salad dressings, sauces, catsup), yogurt and yeast extracts. Others contain **Nitrites** found in processed meats such as bacon, bologna, canned ham, corned beef, hot dogs/frankfurters, pastrami, pepperoni, sausages, and smoked fish. Yet others contain the flavor enhancer **Monosodium Glutamate/MSG** also called hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), “natural flavor” or “flavoring,” and *kombu* extract; MSG is used to the tune of approximately 20,000 tons per year to add flavoring to most processed foods. Another trigger can be any food containing **Artificial Sweeteners** such as *aspartame* or *NutraSweet* and even citrus fruits, dairy products, fatty foods, onions, seafood, soybeans, and wheat products for some. Some find **caffeine** to be a trigger while others find it helpful.

### Treatments

Prophylactic medication which attempts to head off the migraines can include: beta blockers (*Tenormin*, *Lopressor*, *Inderal*), calcium channel blockers (*Cardizem*, *Dilacor*, *Procardia*), antidepressants (*Elavil*, *Zoloft*), serotonin antagonists (*Sansert*), anti-convulsants (*Tegretol*, *Depakote*, *Dilantin*), and ergot derivatives (*Cafergot*, *Sansert*).

Abortive medications which attempt to stop the pain already begun can include: aspirin, acetaminophen (*Tylenol*, *Panadol*, etc), ibuprofen (*Motrin*, *Advil*, etc) or NSAIDs (Non-Steroidal Anti-Inflammatory Drugs such as *Naprosyn*, *Anaprox*, *Ponstel*, *Meclomen*, *Tolectin*, & *Toradol*).

Doctors sometimes add various prescriptions to control the engendered side effects such as blurred vision, constipation, depression, diarrhea, dry mouth, edema, fatigue, flu-like symptoms, gastrointestinal distress, hair loss, increased pulse rate, insomnia, jitteriness, liver damage, low blood pressure, nausea, nightmares, retention of urine, and upset stomach.

However, most doctors also suggest life-style changes including avoidance of known headache triggers, counseling, stress management including yoga, biofeedback, and relaxation therapy. If migraines first appeared after initiating birth control pills, an alternate method is usually advised.

## A DIFFERENT PERSPECTIVE

That's the medical view.

In addition to the excellent life-style changes above, we also suggest being checked out by a Cranio-Sacral practitioner who can examine the oral vault and perhaps be able to better balance the physiological aspects of the head to free the trigeminal nerve from any impingement. To locate a practitioner, or find out more about this therapy, The Upledger Institute at [WWW.UPLEDGER.COM](http://WWW.UPLEDGER.COM) or 1-800-233-5880 is the place to start. Gentle, good chiropractic can also be helpful as can NeuroMuscular Massage Therapy [[WWW.STJOHNSEMINARS.COM](http://WWW.STJOHNSEMINARS.COM) or 1-888-NMT-HEAL]. Since we believe that all headaches are symptomatic of toxic overload and unbalanced nutrition, we also suggest the following:

### 1) Hydrating

As simple as it is, most individuals do not consume nearly enough water which can, in and of itself, result in dehydration headaches. The general rule of thumb is 1 quart of water per 50 pounds of body weight. Of course all drinking/cooking/bathing water should be as pure as possible; both chlorine and fluoride have also been implicated in headaches. Reverse osmosis water seems to remove most toxins from water while carbon-filtered showerheads will keep the bulk of toxins from entering your body via the skin.

To make drinking water even "wetter" and thus better able to perform its job, the addition of **DYNAMITE Catalyst Water** is highly recommended. Adding **Elixir** to the mix supplies necessary electrolytes.

### 2) Cleansing

Because of the toxin/headache connection, generally deeper cleansing of both liver and intestines may be required other than normal hydration and dietary changes toward the pure and alkaline. It would be wise to pay close attention to all the dietary suggestions in my SIMPLE SUSTENANCE HANDBOOK with special concentration on the **Salads** section. Included there are numerous *Blended* and *Juiced Salad* ideas for serious cleansing. In fact, some individuals find celery juice to be effective in halting migraine symptoms.

Taking some internal **Miracle Clay**, which safely binds toxins for thorough removal, can also be helpful. Since each person has very different

needs, it is hard to advise how much to use, but to be on the safe side, perhaps one half to one teaspoon top water per day for a few days, building up slowly to perhaps 3T daily before starting to consume the actual gel itself as per directions. Top water is formed when 1/4 cup of **Clay** is mixed with 1 cup purified water, shaken thoroughly (plastic/glass only) and then allowed to sit for a few hours. The gel will settle to the bottom leaving the water on top; hence, "top water".

In addition, we personally take livestock **Excel** periodically to aid in both liver and intestinal cleansing. It works wonders at only 1/2 teaspoon once a day for a week or two!

### 3) Rebuilding

Once cleansing is complete, adding in the **DYNAMITE** basics of **Regular** or **Plus** and **TriMins** (up to 8 per day temporarily in migraine situations) starts the building process. To help alkalize and stabilize the system, many individuals also choose to take **Herbal Green**, and to support vascular health, 4-8 **Hiscorbodyne+** capsules are suggested.

Because of migraine nerve involvement and lack of serotonin, we also suggest major nerve/hormone support via **PMS** (Premium Magnesium Supplement), **Athletic Formula** (chromium for blood sugar stabilization and extra Zinc for serotonin production) and a full B-complex with added **DMG/B<sub>15</sub>**; even though this powder is sold only for livestock, we take 1/2 tsp daily to increase blood oxygenization even through the blood/brain barrier. An *L-Tryptophan* supplement might also help boost serotonin production. Perhaps 1-2 **Izmine** per day for full trace mineral support might also help.

Topically, we find it helpful to spray herbal homeopathic **Release** on points analogous to the equine points of poll (top of head), withers (base of neck), croup (sacrum/tailbone), and 4 coronet bands (wrists/ankles) plus over the entire eye-nasal, or trigeminal nerve, area. For any nerve/muscle pain, we personally ingest horse **Tranquil**.

*M*ost holistic practitioners allow one month of healing per year that a health challenge has existed. Moving more quickly can precipitate a healing crisis causing the very headaches you are attempting to control. Patience is definitely advised! ■