How to cure MIGRAINE

A nutrient concept for self-treatment

Jorn Breitscheidel
Disclaimer
This ebook describes best practices coming from the area of alternative medicine and orthomolecular medicines (nutrient therapy). They are tested and selected to the best knowledge and conscience of the author. However, all of the information given does not replace the consultation of a doctor or alternative practitioner.

The author assumes no liability for damages which arise by following the described methods, and also doesn’t take responsibility for medical demands.

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About the author
Today after the study of the electrical engineering and an activity as a technical writer the author is active as a health researcher and health counsellor. After a series of heavy illnesses which he successfully has treated himself, he devotes himself to developing healing concepts for illnesses which are looked at as incurable or hardly treatable.

The methods shown in his works are the essence of ten years of searching for healing and the test and investigation of naturopathy and energy medicine.

The author is a Reiki master and qualified nutritional counsellor.

Feedback
Tell me and others of your success with this method by signing my guestbook on my website (www.heilpfad.de/gb/guestbook.html) or by sending me a message (info@heilpfad.de).

Introduction
This ebook is for self-treatment of a special form of head pain – migraine. Typical symptoms are attack-like, one-sided pain which is pulsating and often comes along with other symptoms like photosensitivity and feeling of sickness. The common medical treatment is often limited only to eliminate symptoms with classical painkillers or triptanes.

These instructions pursue a totally different approach. The goal is to remove the causes.

Migraine-affected persons have practically all a special pattern of nutrient deficiency. They suffer from extreme lack of riboflavin (vitamin B2), magnesium and vitamin C. The causes, and how to deal with them, is explained in the following.

Vitamins and nutrients
These substances are vital for the human body and are supplied with everyday food intake and are partially produced by the intestinal flora. Under certain conditions it can come to a deficiency if, e.g., the quality of the food is insufficient or exposures from the outside increase the demand. Such conditions can hardly be proven with clinical diagnostics and are often recognised only by the symptoms.

A still rather young medical discipline is the orthomolecular medicine. With high dosages of vitamins and nutrients a deficiency is compensated and the body can regenerate. The dosages are mostly considerably higher than the Recommended Daily Allowance (RDA) shown on food packaging. It's important to find an effective dosage as with drugs.

Vitamin B2 – riboflavin
A very important vitamin which is also used in the migraine treatment is vitamin B2.

Important for:

• skin and mucous membranes
• eyes

A deficiency can originate from:

• to high consumption of alcohol
• antibiotics
• intake of birth-control pill
• bad diet
• frequent taking of painkillers

The daily need for an adult is 1.6mg according to the RDA. Dosages for the treatment of migraine are 400mg per day. Such dosages are even if taken as several separate portions of 100mg hardly tolerable. Diarrhoea and feeling of sickness can appear. Also, the intake of highly dosed vitamin B2 is not the solution and has to be continued which causes high costs.

The intestinal flora produces considerably more of certain vitamins, than is generally known. The intestinal bacteria produce, an intact intestinal flora presumed, several hundred milligrams of vitamin B2 a day depending on your diet. That’s the reason why a daily intake of 400mg isn't noxious. Finally, the dose is 250 times bigger than the daily need. Even water has a deadly dose of 30 litres. This is just 15 times of the recommended amount of 2 litres per day. The reason for the intolerance with highly dosed vitamin B2 preparations is due to the fact that too much reaches the digestive system at once.

The problem with the deficiency of vitamin B2 can be treated as follows:

1. **Rebuilding of the intestinal flora**
   It is possibly not in best shape. For example, because of your eating habits or frequent use of antibiotics. Antibiotics work against bacteria. Every time you take antibiotics, your intestinal flora is damaged. It lasts weeks and months to get the intestinal flora regenerated if you do not take some supportive action. During this time the body is chronically undersupplied with certain vitamins. Think about whether you need to take antibiotics with every small cold. And if it can’t be avoided, take probiotics and prebiotics to accelerate the regeneration (see shopping list at the end of this ebook).

2. **Supplement your diet with certain foods**
   One thing is to have an intact intestinal flora. However, the intestinal bacteria must be also fed, so that they increase and produce the desired vitamins. Intestinal bacteria are fed on particular dietary fibers (oligofructosis, inulin) which the body itself can’t use. These are included most notably in fruit and vegetables (in particular root vegetables). If such food is much underrepresented in your diet, you can imagine that this has a negative effect on your vitamin supply. Try to improve at least a little on your eating habits. In the special case of migraine I recommend an additional intake of oligofructosis or inulin as food supplement.
   Rule: a lot of food for the intestinal bacteria = much vitamins.
   This has of course his limits. Too much can cause flatulence or even diarrhoea.

Riboflavin is also important for the eyes. This is the reason, why a lot of migraine-affected people can not stand light during an attack or experience so-called aura phenomena before an attack.
Another cause for vitamin B2 deficiency can be the excessive use of painkillers. Typical active substances like acetylsalicylic acid or ibuprofen limit the effectiveness of prostaglandins. These are hormones which are involved in inflammation processes. This is welcome with pains and sometimes makes sense. However, prostaglandins are also involved in the building of mucous membranes in the digestive tract. If they are blocked by frequent or regular intake of painkillers this leads to the degradation of mucous membranes. These are the side effects of a drug that can be read in patient instructions. For example, a typical side effect of acetylsalicylic acid can be stomach-aches and even stomach bleeding. Riboflavin is also involved in the build up of the mucous membranes. When the body attempts to reconstitute functions in this area, it leads to a raised consumption of this vitamin. This can lead to vitamin deficiencies affecting other parts of the body, e.g., the eyes.

**Magnesium**

One of the most important nutrients in orthomolecular medicine is magnesium. This is due to a widespread lack of this substance caused by life-style in industrial nations.

Magnesium is helpful with:

- cramps
- stress
- burning of fat / energy metabolism
- heart problems
- many enzymatic reactions in the body

A deficiency can originate from:

- to high alcohol consumption
- stress
- intake of birth-control pill

The intake of magnesium in our civilisation is quite compulsory. Daily dosages of approx. 300mg are common. To compensate an existing deficiency, an even higher dosage is necessary. I recommend a daily dose of 600mg to fight migraine, divided in several smaller portions for a limited period of 6 weeks. Afterwards 300mg per day. 300 milligrams will be tolerated by most people at once. Magnesium has a laxative effect in higher dosages. This can be prevented by distributing the dose over the day.

There are also studies which confirm a positive effect to magnesium in connection with migraine. The negative effect of birth-control pill on magnesium household of the body is a possible explanation, why considerably more women are affected by migraine than men. By discontinuing the pill a magnesium deficiency continues if the supply does not exceed the need. This might be the normal case. The body can store magnesium. An oversupply for several weeks is necessary to fill these depots again.
Recommendable preparations:

- **Fizzy tablets**
  Can be bought at a reasonable price in almost every supermarket. The magnesium compound which originates in connection with water from magnesium carbonate and citric acid is magnesium citrate and has a good bioavailability (portion which the body can absorb). The disadvantage is that they usually use artificial sweeteners. Also fizzy tablets from the drug store contain artificial sweeteners. Some of these substances have side effects. If dosages about 300mg are tolerated at once, use products in pill form. Otherwise a drink can be better split on several servings.

- **Magnesium oxide**
  Is useful in pill form. Pay attention to other additives on the packaging (sweeteners!)

- **Chelated magnesium**
  A special form of magnesium which is also found in nature. Very good bioavailability, high price and mostly available in special stores only.

With regards to magnesium, products from the supermarket are generally OK.

**Vitamin C**

The probably best known vitamin which has something special. Humans, to primates and guinea pigs belong to a small group of living beings which cannot produce vitamin C in their body. One supposes that in the course of evolution this ability got lost because of a genetic mutation. In comparison to a living being which has this ability a human would have to produce approx. 3-5 grams of vitamin C per day himself. This amount can only be reached by consumption of large amounts of food rich in vitamin C. But it's practically impossible to reach these levels. Moreover, the vitamin C demand rises strongly under certain circumstances like stress and illness.

Even today this subject is discussed very controversially. The suggested amounts range from a recommended value of 75mg per day to 200g (grams!!) with the therapy of certain illnesses.

To find the right solution is very difficultly. I recommend a dosage which corresponds to the amount a human would produce himself. That's 3-5 grams. This amounts to a slightly piled up teaspoon of ascorbic acid about the day.

Recommendable preparations:

- **Ascorbic acid**
  In form of powder available at the supermarket. It's not the best form but by far the cheapest. Best taken together with fruit or fruit juices.
How to cure Migraine!

Accomplishment of therapy
For a period of 6 weeks do the following (daily amounts are for adults; children up to 12 years take half of the dosages):

1. Intestinal flora is rebuild with probiotics or supplements with lactose intolerance
2. Intestinal bacteria are fed with fruit (also dried fruit), vegetables and oligofructosis (½ teaspoon, approx. 1.2 g; you can double the dose if you tolerate more)
3. Magnesium is supplemented with suitable preparations (600mg over the day)
4. Vitamin C is supplemented (1 teaspoon over the day)

At the end of 6 weeks:
1. Pay attention to sufficient supply of fruit and vegetables. If this is too difficult for you, oligofructosis can be taken furthermore as a food supplement.
2. Magnesium 300mg per day
3. Vitamin C (1g; 1 pinch)

Here is a suggestion how this can be done:

In the morning
- 1 portion probiotics or preparation according to instructions
- ½ migraine drink consisting of:
  - 1 glass of water or juice
  - 1 magnesium fizzy tablet 300mg
  - 1 teaspoon of vitamin C (ascorbic acid)
  - ½ teaspoon of oligofructosis or inulin

  Drink the other half at noon (minimum 2 hours later).
  If magnesium is tolerated in a single dose of 300mg take a single pill without artificial sweeteners instead of the fizzy tablet.

In the evening
- Glass of water with magnesium fizzy tablet divided into 2 servings (minimum 2 hours of distance) or one single tablet of 300mg

If it better fits in your daily routine, you can take the migraine drink in the afternoon and in the evening and in the morning only the magnesium.
Alternative pain killers

I have mentioned that medications can have a negative effect to your illness. Try it with ginger. Ginger is used by ayurvedic medicine for migraine treatment. It acts analgesic, cramp-solving and helps against feeling of sickness.

At the supermarket you can buy candied ginger. An effective dose is 3 pieces with a dimension of a dice.

Maybe the effect fits to you, and you can discontinue the taking of pain killers, because during the first 6 weeks you can still get migraine attacks. This natural method does not work so fast.

Summary

The described methods are simple and you can start immediately. Look at your watch whether a supermarket is still opened, and get the necessary things. If you have to order the oligofructosis, never mind. For the beginning two fruit meals and a good serving of vegetables to the main dish will do the job.

The most important point with this therapy is to build up and nourish the intestinal flora. The riboflavin which is produced is important for the structures in the head and for the eyes. A deficiency of riboflavin is the main cause for migraine. And the cause for a deficiency of riboflavin is an intestinal flora in bad shape and insufficient nutrition or a high consumption of this vitamin (e.g. by medications). Then comes magnesium and then vitamin C. For the future the intestinal flora should be nourished and be kept in good shape. Even exposures of environmental toxins like mercury (amalgam fillings!) could have a bad effect to the success of this therapy. Mercury is a strong antibiotic and damages the intestinal flora. Nevertheless, you will have good chances to get well by the described methods. Try it!
Shopping list
In the German version of this ebook I give specific recommendations for supplements and where to buy them. I’m not able to make this for every place on the planet but I will describe the important qualities as best as I can.

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