

Nutrients

Supplement	Suggested Dosage	Comments
Calcium Magnesium	1,500 mg daily 1,000 mg daily	Minerals that help to alleviate muscular tension. Use chelated forms.
Coenzyme Q10	30 mg twice daily	Improves tissue oxygenation
L-Tyrosine plus	As directed on label	For relief of cluster headaches. Caution: Do not take tyrosine if you are taking an MAO inhibitor drug, commonly prescribed for depression.
L-Glutamine plus	500 mg twice daily	
Potassium	99 mg daily	For the proper sodium and potassium balance, which is needed to avoid water retention. Water retention may put undue pressure on the brain.
Primrose Oil	500 mg 3-4 times daily	Supplies essential fatty acids which promote healthy circulation, help regulate the inflammatory response and relieve pain.

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Vitamin B3 (niacin)	Up to 300 mg combined daily. Do not exceed this amount.	Improves circulation and aids in the functioning of the nervous system.
Niacinamide	Stop and maintain the dosage that provides relief.	Caution: Do not take niacin if you have a liver disorder, gout, or high blood pressure.
Vitamin B Complex	50 mg 3 times daily	B Vitamin works best when taken together. Use a yeast free formula. In severe cases, injections (under a doctor's supervision) may be advisable. Removes excess water from tissues.
Vitamin C with bioflavonoids	2000-8000 mg daily, in divided doses.	Protects against harmful effects of pollution and aids production of anti-stress hormones. Use an esterified or buffered form.
Vitamin E	Start with 400 IU daily and increase slowly to 1200 IU daily	Improves circulation

First Aid for Your Head.

- Rehydrate – Gatorade / Powerade or Water
- Lie down
- Cool damp cloth
- Dark quiet room
- Get Adjusted
- Suboccipital release



Headache Prevention

** Neutral posture**

** Avoid screen time**

** Stay Rested**

** Manage Stress**

- exercise regularly

- clear nervous system

** Avoid screen time**

** Keep moving**

** Healthy Nervous system**



Cellular Detoxification

Diet:

3 Step Process:

1. Reduce Sugar Intake
2. Change bad fats to good fats
3. Change meat to organic free range poultry and grass fed beef (4:1)
4. Eat lots of vegetables!!!