

Headache GUIDELINES

Our program includes 5 important supplements for accelerated healing from headaches as well as food recommendations and a combination of HBOT and Laser treatments designed to ensure effective recovery.

Headaches come in many shapes and sizes and affect everybody differently. Ranging from the typical tension type headache to the very severe and debilitating migraines. Almost everybody will have some type of headache in their lifetime, and we've put together some info that hopefully will help you with yours.

SUPPLEMENT RECOMMENDATIONS

- 1) **Omega 3** (fish oil): 2.6 g per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. Our Xymogen Omega MonoPure has 860mg per capsule so we suggest **1-2 capsules per day**.
- 2) **OptiMag® Neuro**: The only form of magnesium proven in animal studies to cross the blood-brain barrier. Boosting the brain's magnesium level is vital to healthy cognition, which includes long- and short-term memory, learning, stress management, and sleep.
- 3) **CurcuPlex 95**: A Turmeric based anti-inflammatory: Take (5-10 pills a day) to reduce inflammation. The therapeutic effectiveness of basic curcumin is limited due to its poor absorption from the gastrointestinal (GI) tract. CurcuPlex 95 is formulated to increase the amount of curcumin absorbed and bioavailable.
- 4) **Vitamin D**: Ideally, we would want a blood test to see what your levels are, which should be between 60 and 80. A generally safe starting dose would be minimum 5000 IU per day for 2 weeks following the concussion.
- 5) **Vitamin B12**: B12 (riboflavin) is a water-soluble vitamin that plays a role in the pathways to migraines as they work to decrease oxidative stress which is commonly associated with migraines. We recommend taking 400mg a day to help in preventing migraines.

SELF CARE

- 1) NO SUGARS, including FRUITS. These will ramp up INFLAMMATION.
- 2) Do NOT skip meals! Your brain needs fuel to repair. You may feel nauseous or have no appetite, so try to work around that with small, fat and protein-based snacks. Good examples include whole eggs, avocados, raw or dry roasted unsalted nuts.
- 3) If you can tolerate it, 4 TBSP of organic coconut oil per day to help with brain healing. You can take this straight if you can tolerate it, or a good way to get it in is to make a shake that has unsweetened almond or coconut milk.
- 4) NO processed foods like cereal, breads, pasta, chips, cookies, etc. If it comes in a box or is made in a factory, don't eat it.
- 5) So what do you eat? Get a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats (higher fat content is better for the brain, so eat the skin as well), wild caught fish (make sure not from China due to pollution), beans.
- 6) Avoid bright lights, loud noises, fast moving shows on TV or movies (such as action flicks, as they stress the brain)
- 7) Stop viewing all electronic devices at least 90 minutes prior to bedtime.
- 8) Applying a heat pad to the forehead or the neck muscles just under the head has been shown to alleviate headaches.
- 9) For some people, applying a cold pack across the forehead seems to help for so than heat. Try them both out and see which serves you better.
- 10) Control stress and keep it under control. Learn to take breaks and relax, let go of things that are out of your control and cause stress.

PROFESSIONAL CARE

- 1) Consider Hyperbaric Oxygen Therapy (HBOT) for 2-3 weeks. This will stimulate the brain to heal faster, calm down the immune reaction and inflammation, and help stimulate new nerve connections. Also getting regular chiropractic adjustments have been linked to a decrease in the number of and in the intensity of headaches. We can email you a link to the **current research** which supports the importance of these therapies. ***info@utahsportsandwellness.com***