

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

HEADACHES AND MIGRANES

Headaches and migraines are a sure sign of a toxic system, and may be accompanied by constipation or diarrhea. A healthy system will have 2-3 long, formed, fluffy, floating bowel movements per day; it perspires appropriately, and urinates 3-6 times a day.

For headaches and migraines a detoxification program is required. Detoxification programs may vary somewhat for each individual. Detoxification should be gentle and if symptoms are experienced, back off to allow the body to detoxify more slowly. The inclusion of a large amount of vegetables in the diet will also help to ensure nutrients required for detoxification are available.

1. Hydration is essential. (Half your body weight in ounces of water per day.)
Alfalfa is necessary to cleanse and purify the blood. (10-20 per day)
Herb Lax is to cleanse the colon, lymphatics, and bladder. (See [Herb-Lax instruction](#) handout.)
Liver DTX is for detoxification of the liver. (3 tablets at bedtime)
Optiflora is to replace healthy flora and to assist with detoxification. (1-3 per day and some individuals may benefit from placing a pearl under the tongue at night. See Optiflora Protocol handout.)
This part of the program should be continued until the system is healthy (see above).
2. Decrease the use of Herb Lax and increase fiber gradually (25-35 grams per day).
3. Once the system is clean, begin a health- building regimen. The following supplements, along with a healthy diet and good hydration, will move you toward optimal health:

Vita-Lea	3 x/day	OsteoMatrix	6/day
Energizing Soy Protein	3 tbls/day	Alfalfa Complex	12-15/day
Herb Lax	2-4/day (see instructions)	OmegaGuard	6/day
B-Complex	6/day	GLA Complex	6/day
Sustained Release Vita C	6/day	Elete	½ tsp per day added to water

FOR THE VERY ILL AND HIGHLY MOTIVATED, STEPS 1 & 2 MAY BE DONE AT THE SAME TIME, FOLLOWED BY STEP 3.

Foods that commonly cause headaches:

- Cheese, chocolate, alcohol (esp. red wine), pickled herrings and soy sauce
- All foods containing amines
- Monosodium Glutamate (MSG) and food colorings
- Fruits: bananas, plums and pineapple
- All milk (dairy) products and all wheat products.

Emergency Care Recipe for an on-coming migraine:

2 B-Complex 4-5 Alfalfa
2 OsteoMatrix 2 OmegaGuard
2 GLA Complex 1 eight ounce glass of Performance or for those who require low glycemic diets, are sensitive to sugar or are not yet able or willing to practice moderate levels of exercise (>1.5 hour per week) 1 glass of water with ¼ tsp of Elete.

Do this once every hour until you get results.

To purchase products, go to <http://wish.myshaklee.com/> or call this office for help placing your order.
If you require additional support to address the cause of the headaches, please contact our office to make an appointment.