Healing by Design

Headdresses and Migraines

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. Nutrition is crucial! Because of the nerves in the digestive tract and the importance of the gut/brain connection, there are many foods that can trigger migraines. Many acidic foods trigger migraines because people already have an over-acid system. Foods that can trigger headaches are coffee, soda, sugar of all kinds (yes, even “natural”), grains (especially gluten), chocolate and even tomatoes.

2. Offset acidity. An easy way to do this is a little baking soda in water twice daily on an empty stomach. 1/2 tsp in water upon rising and before bed. Mucilagenous herbs also soothe and coat an acidic and damaged gut, such as slippery elm, marshmallow root, aloe vera and fennel. A good formula is called Stomach and Bowel 1 by Dr. Morse.

3. Magnesium oil foot soaks can be a life-saver. Magnesium opens up blood flow and many people have constriction in blood that causes a tight squeezing on the membranes around the head. Health and Wisdom Magnesium Oil Foot soaks are BEST, magnesium baths, or use CALM by Peter Gillham. The best form of magnesium for absorption is magnesium chloride.

4. Cleanse. The root of almost all headaches and migraines is toxic blood. When toxins stay trapped in the body and cannot get out, headaches come. This is why people get headaches when stopping diet soda and coffee because the toxicity of these drinks that has been trapped is the body is being released. An ENEMA can relieve almost any headache and can stop a migraine before it even starts!

5. Open up blood flow. Besides magnesium, many herbs can increase blood flow. These include cayenne pepper, horse chestnut, butcher’s broom, ginkgo biloba and more. A great formula that can help with varicose veins, hemorrhoids and migraines (all are blood flow issues), is called Varicalm by Herbally Grounded. To keep blood flowing try liquid hot cayenne by Dr. Christopher.

6. Earthing Sheets help you connect to the earth. You can and should also be outside and play outside. Earthing sheets help you sleep better, reduce stress and anxiety and relieve pain conditions such as headaches and migraines.
7. Relieve pain quickly through massage. The main points to relieve pain include:

- Massage the webbing between your thumb and pointer finger
- Massage the occipital (back part of your neck going up into your head about parallel with the ears)
- Massage the FEET. Your significant other will love you for this regardless! However, the feet are one of the quickest ways to see pain relief throughout the entire body.

- For all of these methods, use **MAGNESIUM OIL with ESSENTIAL OILS such as wintergreen, lavender, chamomile or peppermint.** They all work, choose your favorite.

8. Herbal formulas that relieve pain have been used for centuries. The original aspirin, before it was turned into a dangerous drug, was white willow bark. Some options for immediate herbal pain relief includes **Tension Headache by Wishgarden, White Willow Blend by Cedar Bear and PAIN formula by Dr. Morse.**

9. Try iridology. You can actually see LEAKY GUT in the eye which can cause a constant flow of undigested nutrients into your head and sinuses causing long-term chronic migraines. You can also see congestion, inflammation, lymph stagnation and blocked sinuses in an iridology report as well.

10. Clean lymph and clean blood is your long term answer to headaches and migraines, especially if they are chronic. Eating clean and cleansing are really the key! I share this because pain management with pharmaceutical drugs, pain killers and even herbal formulas will not heal your body long-term. Remember your body is telling you there is a problem! We must listen and respond, not just cover up the pain.

**Biliary headaches occur behind the eyes. These are LIVER headaches.** The liver CLEANS THE BLOOD! So liver issues can also be a source of constant headache problems. Cleanse the liver also!