

# Simple Headache Treatments With Dramatic Results

*"Her migraine headache was gone by the beginning of the third hour, and she only needed 2 doses."*

Let's look at two different cases each involve the same symptom, a crippling headache. Surprisingly, simple treatments got dramatic results; but I think you will find them interesting.

The first case is about a mom who lives in our neighborhood. She happened to cross my path on the second day of her blinding migraine pain. She was wincing as she shared with me how difficult it was to manage three small boys when she had to be in complete quiet and darkness. I felt so bad for her; I gave her a bottle of Biomega-3 Liquid and suggested she try taking 1 tablespoon an hour for three hours.

I learned of the "tablespoon an hour technique" from a doctor in California but had never tried it. Each teaspoon of Biomega-3 Liquid has 1400 mg of EPA/DHA so a tablespoon would yield 4200 mg of EPA/DHA.



I knew high levels of omega-3 fatty acids can have dramatic anti-inflammatory properties and that if she was consuming the standard American diet, which she was, chances were pretty good that the fish oil could break the cycle.

I explained that it may cause diarrhea to consume so much fat quickly but even the diarrhea may help to reduce toxins the colon may be harboring. I wanted her to know that a good "clean out" is OK and actually might be very therapeutic.

Since I was giving her the oil for free, I asked her to let me know what happened. For several months I never heard from her so I figured it did not work. I recently ran into her again and was able to ask her some details. She explained that her headache was gone by the beginning of the third hour, and she only needed two doses. She had another bout of migraines the following month and she used the Biomega-3 Liquid again and it worked equally as well.

Obviously, I told her that it worked because she is so deficient in healthy omega-3 oils, and she needs to take some every day to build up her organ reserves. Below, I've posted my notes on migraine prevention and restoring organ reserve levels.

The second case however was more dramatic. On a recent weekend, Dr. Walter Schmitt was teaching a class called Clinical Nutritional Pearls-Part I in Chicago. The class encompasses not only some of the tried and true nutritional approaches he has learned in the last 30 years but "why" they work and the order of "which things" should be tried first, second etc. One doctor present came back after lunch with what she called an ocular migraine. She apparently ate some food with MSG. She could not look at me without getting dizzy because I was wearing a striped shirt. It was really kind of eerie. The doctor was clearly in serious pain.

Dr. Schmitt, who holds a Diplomate in Neurology, was discussing how CO<sub>2</sub> is a necessary byproduct of the citric acid cycle and that it is essential for several metabolic functions, one of which is to make carbonic anhydrase. Carbonic anhydrase is essential for HCL in the stomach, pancreatic enzymes, kidney and lung function. Carbonic anhydrase combines water, carbon dioxide in the presence of zinc to form carbonic acid which then dissociates into hydrogen ions and bicarbonate ions necessary for cerebrospinal fluid synthesis.

Dr. Schmitt was demonstrating how we can increase CO<sub>2</sub> titers in patients by having them rebreathe their own air in a paper bag for 6-8 breaths like this. Make a

mask, hold it tight against the face, and breathe. When I asked Dr. Schmitt if he could help this doctor, he said "let's start by having her rebreathe and increase her CO<sub>2</sub> levels. If that helps, we can have her taste the nutrients to support the citric acid cycle." To my surprise after rebreathing into a bag eight full breathes, her headache was significantly better. She could look at me easily without becoming dizzy and smiled. She later chewed the nutrients for the citric acid cycle and within 45 minutes was pain free.

It was very dramatic to say the least. By raising CO<sub>2</sub> titers we can strengthen a previously weak muscle, increase a restricted range of motion, or reduce pain that is an indicator that the citric acid cycle is not making enough CO<sub>2</sub>. The rebreathing effect is temporary. However, we can test each nutrient that facilitates the citric acid cycle by tasting them and evaluating whether they reproduce the result of the rebreathing effect. Neuro-lingual or "taste" testing can determine which nutrients will facilitate or enhance the citric acid cycle. Below you can access Dr. Schmitt's newsletter, The Uplink issue no. 35 for a more complete discussion.

Both headache cases remind me there's always something new and interesting to learn, Biomega-3 Liquid in 3 hourly doses or increasing CO<sub>2</sub> titers by rebreathing into a paper bag, followed by nutrient testing. Simple, but they worked.

Thanks again for reading this week's Tuesday Minute edition. I'll see you next Tuesday.