

Dr. Rashidi Nutritional Support Recommendations I

HEADACHES

Water is a critical element for hydration, detoxification and electrolyte balance, drink 64 ounces (8 glasses) daily, more when outside temperature goes above 90°F.

Exercise 30 minutes daily to relieve tension and stress; improves circulation to remove lactic acid and other muscle waste products that can cause muscle pain and inflammation.

Diet should include fresh fruits and vegetables, protein at each meal, and should avoid all sugar, refined carbs, alcohol and caffeine, especially if low blood sugar is a trigger. Food allergies/sensitivities may require elimination diet and food diary to help detect.

Wellness Pack provides over 200 vital nutrients including multivitamins and minerals, antioxidants, essential fats, enzymes, fiber, protein and green superfood to help nourish the body's cells, assist detoxification pathways for excellent general nutritional support. Adding 1-2 Tbsp of lecithin to Green Magic shake supports brain and nerve health, too.

MigraBalance specially designed all-natural formula developed to help with prevention of migraine headache; based on the latest research it includes feverfew, magnesium, riboflavin, ginger and dulse, works to stabilize neuromembranes and neuroendothelium. Take 1-2 capsules daily for prevention of migraine.

Calcium Complex helps to relieve muscle tension, use 2-3 caps between meals and bedtime. May be used 5-6 capsules for acute headache relief.

Magnum C 1-2 tablets twice daily

Vitamin E works as membrane stabilizer, and antioxidant to help detoxify, 1-2 daily.

Nutricleanse (included in Wellness Pack) 2-6 caps daily to help bowels move well and so help eliminate body waste products and toxins.

Liver Enhancer Tea helps support the liver to detoxify the body and balance stress hormones such as adrenalin. Use one dropperful up to 4 times daily.

BioAvail CoQ10 Use 1-2 daily to improve tissue oxygenation.

B-6 (pyridoxine) 50 mg twice daily

B-1 (riboflavin) 100 mg twice daily