

Dr. Rashidi Nutritional Support Recommendations II

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 Essentials Convenient packets use 1 am and pm supplies Multivitamins and Minerals, Omega 3 Fatty Acids, and Advaclear Detox formula.

Advaclear helps support the liver to detoxify the body and balance stress hormones such as adrenalin. Use two capsules 1 to 3 times daily.

EPA/DHA 720 Extra potent source of Omega 3, research has shown Omega 3s to have effective migraine control at 1500 to 3000 mg of EPA and DHA.

Inflavonoid Intensive Care specially designed all-natural herbal formula developed to help with the inflammation that can trigger migraine headache, it includes bioflavonoids, cayenne, ginger and turmeric, works to stabilize neuromembranes and neuroendothelium. Take 1-2 capsules daily for prevention of migraine.

CalApatite with Magnesium helps to relieve muscle tension, use 2-3 tablets at bedtime. May be used 5-6 tablets for acute headache relief.

UltraPotent C 1-2 tablets twice daily

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

NanoCell CoQ10 Use daily to improve tissue oxygenation.

VesselCare 1 twice daily

Herbulk or MetaFiber used daily to help bowels move well and so help eliminate body waste products and toxins.

B-1 (riboflavin) 100 mg twice daily