

Homeopathic Healthcare
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MIGRAINE HEADACHES

Any consideration of migraine headaches should include nutritional considerations. Many migraine sufferers experience aggravations of their headaches from food allergens. Some common food/chemical allergens include milk, wheat, chocolate, egg, oranges, benzoic acid, cheese, tomato, tartrazine, rye, among others. Additionally amine-containing foods and substances can provoke constriction of blood vessels in the head and thus migraines. It would be prudent for migraine sufferers to eliminate these to see if their avoidance makes a difference; principal among them is: alcohol (especially red wine), nitrates, chocolate, cheese, cured meats, yeast extracts; cured, pickled, soured and fermented foods; monosodium glutamate, etc.

The diet should avoid primarily alcohol, cheese, chocolate, citrus fruits, and shellfish; it should also be low in animal fats and high in fresh fruits and vegetables, fish, garlic, and onion.

The following supplements — quercetin - 500 mg/day, flaxseed oil - 2 Tbsps/day, niacin - 50 mg/day, and magnesium - 500 mg/day — may prove useful as well. Additionally, some migraine sufferers find that the intensity and frequency of their headaches diminishes by taking any of the following botanical medicines on a long-term basis: feverfew, cayenne, ginkgo biloba.

The above having been noted, my initial recommendation to chronic migraine sufferers is homeopathic treatment. It is, in my experience, an extremely effective therapeutic modality for chronic migraine headaches. Here is a case from my practice.

A 53 year-old woman presented to me complaining of migraine headaches since her college years. The headaches were diagnosed as migraines at the Mayo Clinic. She had experienced some minimal improvement after my prescription of the remedy *Natrum muriaticum*; however, the headaches persisted. Some time later she returned with the following symptoms: right-sided, pulsating migraine headaches occurring about twice a week; occasionally the headache could last for five full days. Her vision would dim before and sometimes during the headache. During the headache the right side of her face would become cold. She also displayed rather striking sensations of coldness — she, herself, was quite chilly; she also complained of cold hands and feet and a pronounced sensation of coldness of her nose. Additionally she was having some menopausal hot flashes. Her feet and arm pits perspired profusely. She suffered from post-nasal drip and a stuffy nose during the night. She was a very serious, busy woman, at times prone to low moods with discontent, weeping and a feeling of being unloved; her mood would always be alleviated by keeping herself occupied though.

Her symptoms corresponded quite closely with the homeopathic remedy *Cyclamen* (the plant sowbread). It was prescribed in the 200C potency, one dose. She did so well after the remedy that I did not see her for another five months. At that time she reported a marked improvement in her headaches; while they still occurred, they were much less frequent and very much milder in intensity. Her hot flashes and profuse sweating had also subsided, as had her nasal congestion. Her moods too were improved within two weeks of taking the remedy. At that point, because she still was having some headaches, I prescribed another dose of *Cyclamen* 200C. I did not see her again for two and one-half years, during which time she had been headache free. She had recently begun to experience gradually increasing headaches, with some of the same accompanying symptoms. A third dose of *Cyclamen* 200C had little effect, but one dose of a higher potency, 1M, again brought relief. That was three years ago. She has not complained to me since of headache.

This case is illustrative of the profound effect homeopathic medicine can have on chronic migraine headaches. While homeopathy can also produce rapid relief of acute migraines, it is in the arena of chronic headache treatment that this incredible system of medicine really shines, effecting either significant palliation or complete cure without the need of additional medication. While acute headache treatment can, at times, be successfully attempted as self care, the homeopathic management of chronic headaches usually requires the assistance of a homeopathic professional.

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