

Supplements that may ease symptoms of migraine headaches



1. ***Feverfew Leaf***

50 mg daily or 125mg dried feverfew leaf from *Tanacetum parthenium*

High in Sesquiterpene Lactones (STL) of which must contain at least 0.2% parthenolide content.

2. ***Ginger***

500-600 mg powder—every 4 hours for 4 days

Pro-inflammatory mediator; inhibits platelet aggregation.

3. ***Ginko Biloba Extract***

120-240 mg per day

Platelet-activating Factor (PAF) antagonist.

4. ***Magnesium***

200-360 mg per day

Inhibits vasospasm and platelet aggregation.

5. ***Riboflavin***

400 mg per day with breakfast for at least 90 days

Involved in the electron-transport chain.

6. ***L-Tryptophan***

500 mg per day for 90 days, every 6 years

Precursor to serotonin production.

7. ***Fish Oil*** (omega 3 fatty acids)

Inhibits platelet aggregation.

8. ***Maintain blood sugar levels***—eat small meals throughout the day.

AVOID:

–**Tyramine** (a vasoactive amine) in foods such as aged cheese, yogurt, beer, wine, liver, and yeast.

-Foods that may be allergens.

Nutritional Recommendations for High Cholesterol (Hypercholesterolemia)

1. Chromium picolinate 200 mcg with Niacin 50-100 mg



(flushing type) have a synergistic effect at lowering cholesterol levels and enable the dose of niacin to be reduced without reducing its effects.

2. Vitamin E 800 IU daily. Vitamin E causes an increase in HDL. May be taken with Selenium 200 mcg, which has a synergistic effect with vitamin E.
3. L-Carnitine, Taurine, and 50-200 mg per day of Co-Q10 may improve the ratio of high density lipoproteins (HDL) and low density lipoproteins (LDL).