

# Headache Prevention & Ways To Restore Nutrient Organ Reserve Levels

**ProMulti-Plus** 2 tid to provide the trace minerals, vitamins and cofactors to reduce NF-kappa-B. This is a very comprehensive full spectrum multivitamin/mineral.

**CoQ-Zyme 30** 2 tid for one month, then 1 tid to increase cellular energetics. This form of Co-Q is emulsified and will raise blood levels 3 times higher than a comparable amount of a dry form.

**Mg-Zyme** 4 at bedtime and increase to a loose but formed stool. Red blood cell magnesium has been shown to be low in patients with chronic headaches.

**Biomega-3 Liquid** 1 tablespoon twice per day for 30 days then 1 tablespoon per day, after 3 months 1 tsp per day to reduce systemic inflammation.

**KappArest** 2 capsules tid to provide botanical agents to reduce chronic inflammation specifically NF-kappa-B factors.

**Step One Detox Diet** which means off dairy, gluten, soy, eggs, which will reduce the dietary total toxic load.

## Other Options to consider, if the number and/or severity of headaches is not decreasing.

**Phosphatidylcholine (PC)** 6-9 capsules to increase choline levels and support cell membrane function. PC is Very important for liver detox and repair.

**Assess for Heavy Metals** specifically excess copper with a low zinc.

**Look Closer For Food Allergies** – In an article titled Food Allergies and Migraine, Lancet 1979, 1:966, 60 patients were given 2 low risk foods per day for 5 days and then 1-3 common foods were added and assessed by physical symptom looking for reactions. Mean number of foods causing symptoms was 10. Total number of headaches reduced from 402 to 6 per month with 85% becoming headache free.

**Rebreathing** in a paper bag to increase CO2. If rebreathing reduces headaches, increases a previously impaired range of motion or reduces pain in another area test all the nutrients in the citric acid cycle in the following order according to Dr. Schmitt's work: Bio-3B-G (B1), Bio-GGG-B (B2), Bio-B 100 (B3), B5, Mn-Zyme (Mn), Lipoic Acid, Biotin, Mg-Zyme (Mg.)

The factors to increase function for the electron transport chain are CoQ-Zyme 30, Fe-Zyme (Fe), Cu-Zyme (Cu), Super Phosphazyme (P).

**Dr. Schmitt's Seminar Clinical Nutritional Pearls - Part One** was recorded via DVD and CD and can be purchased, with notes, and test kit for \$195.00. [You can order on the product info/order page.](#)

**Cytozyme-PT/HPT** 6-9 per day- For women with severe headaches before or during their menstrual cycle.