



## ***Managing Migraines***

**Q:** I have been a victim of severe migraines for many years. I've taken many prescription drugs but I still can't get rid of my headaches. Is there any hope for me at a Naturopathic clinic?

**A:** Yes! Scientific studies have shown results to indicate that a large amount of migraines are related to food sensitivities. In many cases the removal of the offensive food resulted in the disappearance of migraines. At A New Leaf Clinic I can offer a food sensitivity panel. Finding, then removing offensive foods from your diet can help you in many ways besides headaches. Other symptoms that may improve are fatigue, anxiety, stomach pain, constipation, skin rashes and possibly high blood pressure. Besides food testing other things that can help with migraines are: avoiding alcohol, increasing fiber and complex carbohydrates. For some patients the addition of Omega 3 fatty acids, magnesium and the herb feverfew has been beneficial.

I recommend a food sensitivity panel for anyone who wants a quick, accurate method of pinpointing foods that are affecting them.