



## CIPC Headache Treatment

### Headache Treatment Plan:

- Massage neck weekly
- Deep breathing
- Hydrate with water, coconut water, and herbal teas all day
- Get enough sleep

**Supplements:** Coenzyme Q10, B2, and Magnesium

### Vitamin Dosing for Older Children:

- Coenzyme Q10 - 200mg twice a day
- B2 - 200mg once a day
- Magnesium - 200-400mg twice a day
- Omega 3 - 2g of mixed DHA/EPA daily
- Vitamin D - 2000 IU per day
- Butterbur - 50 mg bid-tid (Petadolex) - only take under physician advice

**Deep Breathing:** Look up Dr. Andrew Weil's 4-7-8 breathing technique

### Diet:

- Avoid: artificial sweetener of any sort, most caffeine, processed foods, preservatives and dyes
- Almost no wheat
- Organic dairy in lower quantities and try European or "raw"
- May be able to get local dairy
- Foods that contain 5 ingredients or less
- Nut butters, increase natural protein, sea salt good to stabilize blood sugar and blood pressure
- Watch for food triggers, especially aged cheeses, cashews, onions, chocolate, processed meats, concentrated sugars
- Avoid skipping meals and eat something every 3 to 4 hours

**Resources for Diet:** Dr. Andrew Weil's anti-inflammatory diet, Dr. Mark Hyman, Michael Pollan

**Other therapies:**

- Biofeedback
- Acupuncture

**Optional if not helped with above:**

**Labs:** CBC with differential, Ferritin, RBC Zinc, RBC Magnesium, CRP, ESR, Immuncap adult allergy panel, Vitamin D, MMA, Folate, fT4, TSH