



# ETERNAL HEALTH

*with*  
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## **Preventing and treating migraines with natural alternatives**

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Migraines remain a debilitating condition affecting over 300 million all over the globe with a 70% proclivity for women. This has spurred a massive drug industry with a range of pharmaceuticals, not without their side effects, designed for treatment and prevention. Even Botox has muscled in on the act.

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Recent research indicates that, over a six week period, the following regimen was found to be highly effective in a cohort comprised of 30 participants (males 11 and females 19) aged between 25–45 years:

- Zinc sulfate 75 mg daily in drinking water 1 hour after morning meal for 6 weeks.
- One capsule of vitamin B-complex daily for 10 days from the start of treatment.
- One capsule of vitamin-A or -E daily for 10 days from the start of treatment.

After 6 weeks of this treatment almost all the patients reported to be free from migraine. This group underwent ongoing surveillance for the next three years with only two women reporting the occasional mild headache.

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The authors of this study posit that hormone imbalances including raised levels of oestrogen in the face of cortisol, thyroid hormone, melatonin and progesterone deficiencies, together with excess levels of the minerals copper and iron might be implicated. They also claim that high levels of copper and iron would increase free radical levels, which would be antagonised by zinc. What they don't have an explanation for is why vitamins A or E and B would be effective. My take on this is that vitamins A and E are antioxidants which reduce free radical stress, if this is involved.

The reason for vitamin B being a game changer is the connection between elevated levels of homocysteine, a substance normally recycled by B vitamins and utilized beneficially, becoming harmful and setting off whatever it is contributes to migraines, like once again free radical excess.

Further research suggests that the herbs feverfew and butterbur as well as riboflavin, coenzyme Q10, and magnesium might help with migraine prevention, while melatonin looks promising for cluster headaches.

A lot of these benefits appear to rotate around neutralizing free radicals. Research isn't clear about the wisdom of measuring the above mentioned hormones and attempting to realign them if imbalances are uncovered.

**Dr Elstein's latest book 'You Have The Power' now available as an e-Book!  
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