

# **Fighting The Migraine Epidemic: Complete Guide: How to Treat & Prevent Migraines Without Medicines**

- by A Stanton PhD, Angela

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“migraine cause and treatment were received with great skepticism. ”

loc 286-287 | Sunday, November 14, 2021 5:36:53 AM

“We would hear noises and people think we are crazy but we could hear people whispering several rooms away. We realized we all were sensitive to light. ”

loc 380-381 | Sunday, November 14, 2021 5:49:58 AM

“we all had special abilities that non-migraineurs did not have: we could smell certain unusual odors and from longer distances—this has been called phantom odors by the scientific community ”

loc 378-379 | Sunday, November 14, 2021 5:50:12 AM

“migraineurs have some genetic predispositions and a unique metabolism. As a result, some foods (an entire macro-nutrient group) remain a trigger in such a way that by consuming them, migraineurs are not only going to get a migraine but they are much more likely to end up with metabolic disorders, particularly type 2 diabetes. ”

loc 537-539 | Sunday, November 14, 2021 7:31:54 AM

“Some medicines make your brain forget how to kick in its own painkillers so your brain becomes dependent on them ”

loc 609-610 | Sunday, November 14, 2021 7:39:56 AM

“a rebound pain is only a bad headache! It is not preceded by a prodrome and is not accompanied by other symptoms of migraine. It is simply a pain resulting from the removal of a drug. ”

loc 649-651 | Sunday, November 14, 2021 7:45:24 AM

“Occipital Neuralgia ”

loc 726-726 | Sunday, November 14, 2021 8:12:48 AM

“Do You Have Other Symptoms Beside Pain? ”

loc 759-759 | Sunday, November 14, 2021 8:19:59 AM

“Auras are in one eye only but it is really hard to see that since they are visualized with closed or opened eyes. Thus closing one eye to see if it is affected will not help in deciding which eye is affected. ”

loc 799-800 | Sunday, November 14, 2021 8:23:29 AM

“Auras very specifically represent a flow of current across the brain and what you see is what your occipital lobe (the region of the brain that normally recognizes the patterns your eyes see) recognizes as a result of the stimulation by the current flow. ”

loc 795-797 | Sunday, November 14, 2021 8:23:43 AM

“Auras are strictly visual phenomena. ”

loc 801-802 | Sunday, November 14, 2021 8:24:18 AM

“the most prominent migraine cause is carbohydrate consumption. ”

loc 819-819 | Sunday, November 14, 2021 8:27:36 AM

“You must develop your own “shortlist” of what you are sensitive to and watch out for them in order to notice what can and will go wrong, upsetting your balance, and causing migraines. ”

loc 820-821 | Sunday, November 14, 2021 8:28:43 AM

“it is the result of an overstimulated brain running low on energy. ”

loc 822-823 | Sunday, November 14, 2021 8:29:00 AM

“How to Abort a Migraine ”

loc 827-828 | Sunday, November 14, 2021 8:30:12 AM

“Grab a very little bit of salt—a few small crystals—and place it under your tongue. Do not talk, do not move your tongue, and do not drink. Pay attention to what you feel. As the salt enters your blood very fast, it will make you feel either better or worse or you will feel no change. ”

loc 829-831 | Sunday, November 14, 2021 8:30:28 AM

“Feeling worse than before from the little bit of salt under your tongue? Spit out the salt, rinse your mouth, and grab some potassium containing food like avocado, salmon, steak, pistachio nuts, or milk. Don't ”

loc 836-838 | Sunday, November 14, 2021 8:31:10 AM

“Feeling worse than before from the little bit of salt under your tongue? Spit out the salt, rinse your mouth, and grab some potassium containing food like avocado, salmon, steak, pistachio nuts, or milk. Don't drink sport drinks and do not take a potassium supplement! ”

loc 836-838 | Sunday, November 14, 2021 8:31:16 AM

“Coffee's caffeine constricts blood vessels and increases blood pressure. ”

loc 852-852 | Sunday, November 14, 2021 8:32:43 AM

“Drink no more than one small cup of coffee a day. ”

loc 853-853 | Sunday, November 14, 2021 8:32:56 AM

“Eating or drinking sweetened foods or beverages. Sweeteners, whether real, artificial, or natural, are migraine trouble. ”

loc 857-858 | Sunday, November 14, 2021 8:33:39 AM

"A glass of whole milk (can be mixed with a little heavy cream for extra fat) or cheese or some protein, such as a few bites of meat or an egg if sensitive to milk, taken about an hour before bed. "

loc 874-875 | Sunday, November 14, 2021 8:35:12 AM

"This special nutrient cocktail of milk, followed by salt with water before sleep, will support your nutritional needs throughout the night. "

loc 890-891 | Sunday, November 14, 2021 8:37:06 AM

"Always drink up 8 oz of water at once, and do not sip. Never drink more than one 8 oz glass of water at a time. "

loc 899-900 | Sunday, November 14, 2021 8:38:36 AM

"Be prepared and have salt pills or salt packets with you all the time. "

loc 909-910 | Sunday, November 14, 2021 8:40:19 AM

"migraineurs have an exacerbated response to carbohydrate consumption. "

loc 914-915 | Sunday, November 14, 2021 8:41:44 AM

"Carbohydrates, as they turn to glucose, remove water and sodium from the cells<sup>39</sup> and that's why you feel thirsty. "

loc 915-916 | Sunday, November 14, 2021 8:41:58 AM

"(salted nuts "

loc 956-956 | Sunday, November 14, 2021 8:47:14 AM

"If you have food served, choose cheese, leafy greens, and low carb options like nuts; avoid starchy veggies and fruits because of their high carb content. "

loc 957-958 | Sunday, November 14, 2021 8:47:50 AM

"After you have passed through security - where you had to get rid of all your water - purchase a big bottle of water before you get to the gate. Take a salt pill or salt packet and drink 8 oz of water with it. "

loc 951-952 | Sunday, November 14, 2021 8:48:30 AM

"If you have more than an hour before your flight takes off, drink another glass of water without salt before the plane takes off, and then one more, with salt, while the plane is taking off. "

loc 952-953 | Sunday, November 14, 2021 8:48:55 AM

"About an hour before landing, stop drinking, stop taking salt, and eat only potassium "

loc 960-961 | Sunday, November 14, 2021 8:49:19 AM

"unsalted raw nuts of any kind). "

loc 961-961 | Sunday, November 14, 2021 8:49:33 AM

"Never forget to take salt with you! You will always need it! "

loc 997-998 | Sunday, November 14, 2021 8:54:19 AM

"Never drink a protein shake or any shake or smoothie. They all convert to

glucose quickly kicking you out of electrolyte homeostasis. ”

loc 999-1000 | Sunday, November 14, 2021 8:54:31 AM

“When you get to the day that only water is allowed, put salt into your water and drink as instructed (salted water, like saline IV fluid, is OK since it absorbs). ”

loc 1038-1040 | Sunday, November 14, 2021 9:01:15 AM

“salt, high potassium nuts, and whole milk if possible. ”

loc 1041-1041 | Sunday, November 14, 2021 9:02:00 AM

“Only a person with a migraine-brain can get a migraine. ”

loc 1043-1043 | Sunday, November 14, 2021 9:02:17 AM

“Having a migraine-brain is not a disease, but an anatomical difference that must be understood, accepted, and appropriately nurtured. ”

loc 1043-1044 | Sunday, November 14, 2021 9:02:41 AM

“Although electrolyte imbalance may be caused by a variety of factors, the outcome is always a migraine for those with a migraine-brain. ”

loc 1047-1048 | Sunday, November 14, 2021 9:03:31 AM

“ ”

loc 1047 | Sunday, November 14, 2021 9:03:55 AM

“each and every migraine you experience is caused by the same fundamental reality: an electrolyte imbalance has occurred which was brought about by one or more of the many factors we cover in this book. ”

loc 1046-1047 | Sunday, November 14, 2021 9:03:55 AM

“whenever you go in the sun, wet your head, wear a hat, sit under an umbrella for shade, wear dark sun glasses, and always have salt and water ready. ”

loc 967-968 | Sunday, November 14, 2021 9:04:25 AM

“Hydrate frequently but do not sip water; that will only hydrate your tongue. ”

loc 968-969 | Sunday, November 14, 2021 9:04:31 AM

“Drink a glass of water every time you drink, and only sip if the humidity is very low but also drink your glass of water on schedule in addition to sipping. ”

loc 969-970 | Sunday, November 14, 2021 9:04:42 AM

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loc 1060 | Sunday, November 14, 2021 9:07:00 AM

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loc 827 | Sunday, November 14, 2021 9:07:17 AM

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loc 1069 | Sunday, November 14, 2021 9:07:34 AM

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loc 1069 | Sunday, November 14, 2021 9:08:34 AM

“The longest neuron can be three feet long—it is a neuron that starts at the base of the spine and ends at the end of the little toe ”

loc 1144-1145 | Sunday, November 14, 2021 9:11:58 AM

“ ”

loc 1316 | Sunday, November 14, 2021 9:18:15 AM

““Migraines can alter brain structure permanently” should instead be: “Permanently altered brain structure is the hallmark of a migraine-brain.” ”

loc 1315-1316 | Sunday, November 14, 2021 9:18:15 AM

“Migraine is not understood well in the research community because researchers are looking at pain or aura, neither of which is necessary to suffer a migraine and neither of which informs us about the cause of migraine; they both are symptoms. ”

loc 1329-1330 | Sunday, November 14, 2021 9:19:54 AM

“A migraine-brain is in a state of constant struggle to find enough energy for its biochemical balance in order to maintain electrolyte homeostasis. ”

loc 1335-1336 | Sunday, November 14, 2021 9:20:49 AM

“Migraineurs have hyper sensory organ sensitivity in the brain (sight, sound, scent, touch, taste). ”

loc 1332-1333 | Sunday, November 14, 2021 9:21:17 AM

“The cost to migraineurs is huge. Beyond losing their special abilities, they also lose brain power, are on a bullet train to dementia, begin stuttering, experience strokes, and are at risk for type 2 diabetes ”

loc 1455-1456 | Sunday, November 14, 2021 9:34:21 AM

“a migraine-brain is anatomically different. Thus, reducing a migraine-brain to the capacity (in sensitivity) to a regular brain is akin to forcing on a pair of shoes that are a couple of sizes too small. ”

loc 1460-1461 | Sunday, November 14, 2021 9:35:15 AM

“Migraine starts with prodromes that are signals of an impending migraine ”

loc 1562-1562 | Sunday, November 14, 2021 2:07:22 PM

“Migraineurs tend to pass about 50% more sodium in their urine, showing the extra use ”

loc 1570-1571 | Sunday, November 14, 2021 2:08:54 PM

“migraineurs need 50% to 100% more salt in their diet than non-migraineurs do. ”

loc 1572-1573 | Sunday, November 14, 2021 2:09:09 PM

“Salt ”

loc 1573 | Sunday, November 14, 2021 2:09:16 PM

“An over or under supply of electrolyte ions sets off changes in the brain’s electrical activity that can lead to migraines or seizures. ”

loc 1589-1590 | Sunday, November 14, 2021 2:11:00 PM

“Where in the brain those changes occur determines the type of symptoms a migraineur experiences. ”

loc 1590-1590 | Sunday, November 14, 2021 2:11:15 PM

“in the case of aura migraine the initiating migraine location is in the visual cortex. The migraineur also sees the aura with eyes closed. ”

loc 1591-1591 | Sunday, November 14, 2021 2:11:27 PM

“ ”

loc 1587 | Sunday, November 14, 2021 2:11:45 PM

“It is my theory that the blind spot represents the neuronal region in CD, the region responsible for the migraine. ”

loc 1594-1595 | Sunday, November 14, 2021 2:15:22 PM

“The CSD is a slow moving electrical wave that the visual cortex interprets and presents to the migraineur as an image. The aura often starts with a blind spot. ”

loc 1593-1594 | Sunday, November 14, 2021 2:15:33 PM

“What the migraineur sees is the CSD’s wavelike movement in the visual cortex of the brain. The visual cortex’s function is to translate the signals it receives into meaningful images. ”

loc 1591-1593 | Sunday, November 14, 2021 2:15:45 PM

“ ”

loc 1610 | Sunday, November 14, 2021 2:18:18 PM

“Migraine itself is the manifestation of some parts of your brain running low on voltage energy. ”

loc 1609-1610 | Sunday, November 14, 2021 2:18:18 PM

“Not having enough energy robs neurons from being able to communicate and participate in necessary brain activities. ”

loc 1610-1611 | Sunday, November 14, 2021 3:14:19 PM

“glucose is only able to enter the cells with sodium carrying each glucose molecule into the cell. ”

loc 1611-1612 | Sunday, November 14, 2021 3:14:37 PM

“Thus you crave sweets because the available glucose cannot enter the cells without sodium, so eating more sweets will only make things worse— ”

loc 1612-1613 | Sunday, November 14, 2021 3:14:59 PM

“Voltage requires 4 key elements to be present in ample amounts in your electrolyte: salt, potassium, calcium, and magnesium. ”

loc 1613-1614 | Sunday, November 14, 2021 3:15:29 PM

“Salt is the most critical of the four and, of course, water must also be present in the right amount. ”

loc 1614-1615 | Sunday, November 14, 2021 3:15:35 PM

“The more sugar and carbohydrates you eat the worse your migraine will get because while glucose needs sodium to get into the cell, once in, it removes sodium and water from your cells, disrupting electrolyte homeostasis<sup>39</sup> ”

loc 1616-1618 | Sunday, November 14, 2021 3:16:11 PM

“ ”

loc 1624 | Sunday, November 14, 2021 3:16:59 PM

“A brain in need of more energy is not a sick brain; it merely needs a different nutritional regimen. ”

loc 1623-1624 | Sunday, November 14, 2021 3:16:59 PM

“the first thing a migraineur feels is anxiety, and she feels it often. Anxiety (for a migraineur) is not a separate disease but has the function of alerting the body to start increasing oxygen, so the heart starts pumping faster with increased pulse rate, and the migraineur starts yawning in order to get more air into her lungs. ”

loc 1641-1643 | Sunday, November 14, 2021 3:20:01 PM

“As the lungs fill with more air and the heart pumps more and richer oxygenated blood, unnecessary body functions shut down. This implies that digestion stops too, so if there is anything undigested in the stomach, it may be vomited up, or if there is anything in the intestinal tract, a very urgent bowel movement (perhaps diarrhea) may follow. ”

loc 1643-1646 | Sunday, November 14, 2021 3:20:20 PM

“ ”

loc 1649 | Sunday, November 14, 2021 3:20:59 PM

“ ”

loc 1649 | Sunday, November 14, 2021 3:21:07 PM

“Food craving (without hunger) is another classic example of a functional prodrome. ”

loc 1661-1661 | Sunday, November 14, 2021 3:23:24 PM

“The brain, in most cases, uses glucose for energy but glucose cannot get into the neurons without functioning voltage gates and sodium. ”

loc 1663-1663 | Sunday, November 14, 2021 3:23:43 PM

“while the brain’s first instruction to the migraineur (in the form of cravings) is to get more glucose, the brain really needs more sodium-dense electrolyte. ”

loc 1664-1665 | Sunday, November 14, 2021 3:23:58 PM

“As it turns out, migraineurs are not sensitive to bright light, but rather they perceive light as brighter than non-migraineurs do because of two reasons: ”

loc 1693-1694 | Sunday, November 14, 2021 3:27:44 PM

“AURAS ”

loc 1760-1760 | Sunday, November 14, 2021 3:35:05 PM

“are blurred (haloes are generally signs of astigmatism ”

loc 1790-1791 | Sunday, November 14, 2021 3:37:38 PM

“Auras very specifically represent a flow of current across the brain and what you see is what your occipital lobe, the region of the brain that tries to make sense of the patterns your eyes see, falsely recognizes as it is being stimulated by the flow. ”

loc 1805-1806 | Sunday, November 14, 2021 3:38:58 PM

“YAWNING ”

loc 1914-1914 | Sunday, November 14, 2021 3:51:37 PM

“Yawning is the least understood but most common prodrome. It has two functions. ”

loc 1914-1915 | Sunday, November 14, 2021 3:51:43 PM

“indication for increased need for oxygen. ”

loc 1915-1915 | Sunday, November 14, 2021 3:51:55 PM

“your adrenaline and other stress hormones have been released and started the fight-or-flight mode, which requires increased oxygen. ”

loc 1916-1917 | Sunday, November 14, 2021 3:52:04 PM

“other function is evolutionary. Since migraine itself is a threat and stress response, yawning, to this day, is part of such response in apes and many mammals. It is a sign of power by showing powerful incisors. Notice how when you yawn you show your teeth. This is a prodrome. ”

loc 1917-1919 | Sunday, November 14, 2021 3:52:13 PM

“Are you thirsty all the time no matter how much water you drink? ”

loc 1922-1922 | Sunday, November 14, 2021 3:53:00 PM

“Spend some time each day looking at your face and ankles, feel your toes in your shoes, and rotate the rings around your fingers. Look for edema. ”

loc 1932-1933 | Sunday, November 14, 2021 3:54:13 PM

“Pay particular attention to your eyes: the size, shape, angle, the size of your pupils, and how far or close your eyes are to each other. ”

loc 1954-1955 | Sunday, November 14, 2021 3:57:17 PM

“The migraine-brain is a brain on high alert and as such it fits within the human evolutionary past ”

loc 2025-2026 | Sunday, November 14, 2021 4:05:42 PM



“Primates, our closest relatives in evolutionary terms, likely all have a hyper sensitized brain. ”

loc 2028-2028 | Sunday, November 14, 2021 4:05:59 PM

“Once this is understood and countermeasures are taken prior to and during the full moon to assure that more energy is available, the curse of the full moon as a migraine cause disappears. ”

loc 2087-2088 | Sunday, November 14, 2021 4:12:07 PM

“migraineurs share a lot more than pain! Migraineurs pretty much have nearly identical brains. ”

loc 2095-2096 | Sunday, November 14, 2021 4:12:42 PM

“Given that over 15% of the global population has migraines<sup>178</sup>, it is too large of a percentage to consider it a random identical variation by accident. ”

loc 2098-2099 | Sunday, November 14, 2021 4:13:02 PM

“The evolutionary process of elimination is only accelerated in cases when the particular trait or characteristic is disadvantageous for the survival chances of the species. ”

loc 2110-2111 | Sunday, November 14, 2021 4:15:07 PM

“If nature has not found the migraine-brain detrimental enough to be eliminated from the genome, it certainly cannot be justified to dull it or to make it ineffective by medications. Rather we should embrace our special skills and figure out what is behind the pain and how to prevent it. ”

loc 2117-2119 | Sunday, November 14, 2021 4:15:47 PM

“ ”

loc 2119 | Sunday, November 14, 2021 4:15:52 PM

“ ”

loc 2137 | Sunday, November 14, 2021 4:17:35 PM

“ ”

loc 2195 | Sunday, November 14, 2021 4:44:46 PM

“[Stress] can turn genetic switches on” ”

loc 2148-2148 | Sunday, November 14, 2021 4:48:31 PM

“everything we do and everything that happens to us has a chance to either help or hinder the expression of certain genes. ”

loc 2145-2146 | Sunday, November 14, 2021 4:48:51 PM

“This explains why, in some families, migraines seem to be inherited from generation to generation, whereas in other families there is no discernible pattern. ”

loc 2146-2147 | Sunday, November 14, 2021 4:49:02 PM

“up until 2014 I had been the first and only member in my family with migraines. No one among my parents, their siblings or my cousins, and

neither one of my two sons had migraines. However, my younger son did have the same extra sensitive sensory organs as I did, including smell, hearing, and amazing vision. He had his first migraine in 2014. "

loc 2153-2155 | Sunday, November 14, 2021 4:50:16 PM

"he has inherited his sensitivity from me and his genetic switch for getting migraines was expressed in 2014. "

loc 2155-2156 | Sunday, November 14, 2021 4:50:24 PM

"It shows my mother, my grandmother, and me as a baby on the picture. I was shocked to see that my grandmother was a migraineur. She showed one of the most common migraineur prodromes on her face: one eye smaller than the other, its lid puffy, and under the other eye dark circles. "

loc 2157-2159 | Sunday, November 14, 2021 4:50:49 PM

"migraine-brain develops over time with many more neuronal receptor connections than regular brains, and this requires more energy<sup>144, 226</sup> since the brain must process far more sensory inputs from hyper sensitive sensory organs<sup>3</sup>. "

loc 2217-2220 | Sunday, November 14, 2021 4:58:25 PM

"migraineurs are hypovolemic (low blood volume) "

loc 2242-2242 | Sunday, November 14, 2021 5:01:04 PM

"more neurotransmitters are created – this is a voltage expensive process that requires more energy "

loc 2348-2349 | Monday, November 15, 2021 5:08:25 AM

"An eye exam for a migraineur where the pupils must be dilated "

loc 2392-2392 | Monday, November 15, 2021 5:16:53 AM

"The migraineurs' hyper sensitive brain amplifies everything sensory. "

loc 2442-2442 | Monday, November 15, 2021 5:23:43 AM

"If we stimulate a single neuron and no other neuron pays attention (as in a non-migraine-brain), all the effort of that neuron is inhibited, the fire is put out, and not much extra energy is used. When a migraine-brain is stimulated, the activation of the neurons with many more receptor connections pass the signals to a multitude of neurons—the signal will be amplified. "

loc 2443-2446 | Monday, November 15, 2021 5:24:10 AM

"Full moon has bright light → man-eating predators can hunt easier in the bright light of a night with full moon, therefore danger is associated with the full moon → the possibility of danger initiates a stress response and the body releases adrenaline → migraineurs are very alert a few days prior to and during a full moon → in ancient times this was an evolutionary advantage (watching out for predators) → a higher level of adrenaline ties up insulin, preventing glucose from reaching the brain. While alert needs more voltage energy → more voltage energy needs more sodium and nutrition → without extra sodium and nutrition migraine is imminent during full moon. "

loc 2531-2535 | Monday, November 15, 2021 5:33:48 AM

“There are four interrelated parts to weather as triggers: altitude change, barometric pressure change, temperature change, and humidity change. ”

loc 2547-2548 | Monday, November 15, 2021 5:35:29 AM

““hydrate more when it is hot” or “hydrate more at high elevation.” That is, drink more water AND eat extra salt! ”

loc 2561-2562 | Monday, November 15, 2021 5:37:37 AM

“pressure increases though, do the opposite: rather than increasing salt and water, increase potassium by eating potassium-rich foods. ”

loc 2562-2563 | Monday, November 15, 2021 5:38:04 AM

“the larger the experienced pressure difference, the more severe the consequences may be. ”

loc 2570-2570 | Monday, November 15, 2021 5:40:21 AM

“Facebook migraine group “Migraine Sufferers Who Want to be Cured.” ”

loc 2575-2576 | Monday, November 15, 2021 5:41:12 AM

“when the pressure increases, needs to shed some water from the blood, and also from within the cells. To do so, potassium is needed. ”

loc 2603-2604 | Monday, November 15, 2021 5:44:26 AM

“it is not the particular food that triggers the migraine. Rather, it is some element of that food that contributes to a chemical imbalance that influences the likelihood of having a migraine. ”

loc 2616-2617 | Monday, November 15, 2021 5:46:09 AM

“By eating that banana you will have created a major electrolyte disruption by dehydrating yourself. You will immediately be thirsty after eating the banana, and if you drink you will become even more dehydrated by diluting your electrolytes further, since sodium was also removed by the sugar and there is nothing to hold water for your cells. ”

loc 2637-2639 | Monday, November 15, 2021 5:48:31 AM

“a banana is never a recommended food item for a migraineur. It is not nutrition dense enough and has way too much sugar. ”

loc 2644-2645 | Monday, November 15, 2021 5:49:49 AM

“Take a 1/8th of a teaspoon of salt after the banana instead of drinking water; just salt, no water, no matter how thirsty you are. ”

loc 2640-2641 | Monday, November 15, 2021 5:50:14 AM

“You are thirsty as a result of water and sodium leaving your cells—it is not that you have no water only it was removed from the cells and you need to pull it back. The only way you can bring water back is by adding salt, which will attract water back. ”

loc 2642-2643 | Monday, November 15, 2021 5:50:27 AM

“Males in relationships change their looks similarly to how females move into estrus: they become more masculine, more muscular, and a bit more

aggressive. ”

loc 2776-2777 | Monday, November 15, 2021 6:10:39 AM

“Particularly in boys, migraines are very common in puberty when their hormonal variations are high. Testosterone increases, occupying insulin receptors, backing glucose up, and preventing nutrients from reaching brain areas that develop fast. ”

loc 2803-2804 | Monday, November 15, 2021 6:13:48 AM

“Many triggers and prodromes are connected to ”

loc 2806-2807 | Tuesday, November 16, 2021 6:32:01 AM

“The speed with which your blood glucose increases and decreases matters the most, magnitude is important but secondary. ”

loc 2836-2837 | Tuesday, November 16, 2021 6:39:20 AM

“Consuming carbs is not essential because our body can make its own glucose— ”

loc 2853-2853 | Tuesday, November 16, 2021 6:41:46 AM

“water and salt (hydration) are very important in migraine prevention. ”

loc 2891-2891 | Tuesday, November 16, 2021 6:51:48 AM

“To be able to feel your body’s plea, you need to reach a healthy baseline from which you can judge how far you have derailed. ”

loc 2893-2894 | Tuesday, November 16, 2021 6:52:16 AM

“everyone needs an amount of water that is proportional to their gender, size, level of activity, altitude, and climate. ”

loc 2902-2902 | Tuesday, November 16, 2021 6:53:10 AM

“The minimum daily water a woman needs is equivalent to the amount of water her body contains in ounces. ”

loc 2906-2906 | Tuesday, November 16, 2021 6:53:52 AM

“70% of your body is water so instead of 0.55, multiply by 0.70. As a male with the above weight of 132 lbs., you need 92.4 oz. water or 11.6 glasses of water, minimum. ”

loc 2910-2912 | Tuesday, November 16, 2021 6:54:35 AM

“assume you weigh 132 lbs. Take 55% of that, so  $132 \times 0.55 = 73$  oz. is your daily minimum water intake. ”

loc 2909-2910 | Tuesday, November 16, 2021 7:05:19 AM

“assume you weigh 132 lbs. Take 55% of that, so  $132 \times 0.55 = 73$  oz. is your daily minimum water intake. Divide this by 8:  $73/8=9$  glasses of water. ”

loc 2909-2910 | Tuesday, November 16, 2021 7:05:29 AM

“Weight to lbs = weight in kg \* 2.2; now calculate required water in Oz weight in lbs \* 0.7

thats the required water amount

e.g.

$122.57 * 0.70 = 85.79 \text{ Oz}$

metal bottle capacity = 30.2 Oz

So i require minimum 3 bottles of water from the metal bottle "

loc 2910 | Tuesday, November 16, 2021 7:08:13 AM

"In the morning, before I even get out of bed, I drink a glass of water and take a salt pill. This replenishes my body and rehydrates it after a night of sleep. "

loc 2936-2937 | Tuesday, November 16, 2021 7:12:11 AM

"A migraineur cannot afford to see large changes in her urine color. Changes represent hydration, and thus electrolyte, changes: too dark is dehydrated and too light is over hydrated (not enough minerals in the electrolyte). Your urine should be light yellow—like mild lemonade—but never like water. "

loc 2939-2941 | Tuesday, November 16, 2021 7:12:49 AM

"This is the base against which you adjust on a moment's notice should you feel that the light is getting brighter, the noise is getting noisier, your kids seem suddenly too wild, though they are doing exactly the same thing they were doing 5 minutes ago, etc. "

loc 2945-2947 | Tuesday, November 16, 2021 7:15:38 AM

"Importance of baseline "

loc 2948 | Tuesday, November 16, 2021 7:16:03 AM

"The reason why baseline is a must is because it brings your body to an optimal and predictable state, and allows your body to clear out leftover edema that you never knew you had. "

loc 2947-2948 | Tuesday, November 16, 2021 7:16:03 AM

"You must completely give up all added sweeteners—cold turkey is the easiest way to quit since sweeteners are highly addictive. "

loc 2954-2955 | Tuesday, November 16, 2021 10:14:16 PM

"You cannot have any smoothies, shakes, sauces, juices, gels, or any fruits, vegetables, grains, or higher-carb nuts and seeds, in any shape or form, where they are separated from their fiber. "

loc 2961-2962 | Tuesday, November 16, 2021 10:15:05 PM

"Drinking water at this time is the worst thing you can do. Instead, take 1/8th teaspoon of salt with just a sip of water when you feel thirsty after eating carbs. This "

loc 3002-3003 | Tuesday, November 16, 2021 10:16:39 PM

"Avoid prepared foods because they all, without exception, contain sugar, preservatives, and additives that may lead to migraine, and nearly zero fiber. "

loc 2973-2974 | Wednesday, November 17, 2021 8:12:52 PM

“Motto for migrainers ”

loc 2976 | Wednesday, November 17, 2021 8:14:28 PM

““If you are not the one who prepared it, don’t eat it.” ”

loc 2976-2976 | Wednesday, November 17, 2021 8:14:28 PM

“You need to devote time learning how to read food labels, ingredient lists, and using the USDA Foods Database or any alternate available in your country. ”

loc 2980-2981 | Wednesday, November 17, 2021 8:15:49 PM

“Calculate your minimum and maximum water need based on the previous sub-section. Never drink less than your minimum and never exceed your maximum. Make sure that you “hydrate”, meaning water with salt every now and then (not every glass) to produce electrolyte, versus simply drinking water. Let your urine color be your guide. ”

loc 2984-2986 | Wednesday, November 17, 2021 8:16:04 PM

“ ”

loc 2988 | Wednesday, November 17, 2021 8:16:19 PM

“Keep salt by your bedside and a glass of water too. ”

loc 3009-3009 | Wednesday, November 17, 2021 8:21:23 PM

“When you awaken in the morning, and before you even get out of bed, take 1/8th teaspoon of salt or a salt pill and a glass of water. Wait at least 30 minutes before you eat breakfast. ”

loc 3009-3010 | Wednesday, November 17, 2021 8:21:46 PM

“At the start of a migraine, first you have to remember what you have eaten within the past 24 hours—keeping a diary helps. ”

loc 3031-3032 | Wednesday, November 17, 2021 8:25:59 PM

“Possible problem areas: too much or too little carbs, too much or too little salt, too much or too little potassium, too much or too little water. ”

loc 3032-3033 | Wednesday, November 17, 2021 8:26:09 PM

“<https://www.facebook.com/groups/219182458276615/> ”

loc 3042-3043 | Wednesday, November 17, 2021 8:27:16 PM

“in a 16 oz glass of water add 1/8th of a teaspoon of salt and one teaspoon unsweetened and undiluted frozen orange juice concentrate (or 2-3 tablespoons of fresh orange juice). Mix it well, and take it a spoonful at a time 10 minutes apart, little by little as discussed in Part II, reducing the time between spoonful as you are able to hold more and more the fluid down. ”

loc 3049-3052 | Wednesday, November 17, 2021 8:29:46 PM

“Worthless people live only to eat and drink; people of worth eat and drink only to live. ”

loc 3064-3064 | Wednesday, November 17, 2021 8:30:10 PM

“The color of the urine represents what it carries out of your system and it better be carrying toxins! ”

loc 3079-3080 | Wednesday, November 17, 2021 8:35:08 PM

“For hydration, meaning to get water inside your cells, you need to make sure you have proper amounts of salt and potassium in your body! Sodium and chloride make sure that water can enter the cells, as we described it in detail before. Potassium is required to remove the water from the cell. Hydration is a process by which your cells take water in and send waste and toxins out. ”

loc 3082-3084 | Wednesday, November 17, 2021 8:36:05 PM

“Our urine color is “transparent yellow” which is distinctly yellow but not neon yellow (like after taking vitamin B), not dark (like honey), and not clear (like water). ”

loc 3078-3079 | Wednesday, November 17, 2021 8:36:31 PM

“salt is the most important essential mineral for the whole body. Salt is one of the most essential minerals for the brain as well. ”

loc 3087-3088 | Wednesday, November 17, 2021 9:04:48 PM

“the lack of enough salt to be precise, is very strongly connected to migraines. ”

loc 3088-3088 | Wednesday, November 17, 2021 9:04:58 PM

“without salt there is no heartbeat, no brain function, and no blood. ”

loc 3090-3090 | Wednesday, November 17, 2021 9:05:12 PM

“Fetuses in amniotic fluid are in salt water at nearly the same level of saltiness as seawater (we are descendants of predecessors from the sea after all). ”

loc 3100-3101 | Wednesday, November 17, 2021 9:07:05 PM

“We all start (and have always started) our lives in salt water. ”

loc 3101-3102 | Wednesday, November 17, 2021 9:07:14 PM

“Fetuses in amniotic fluid are in salt water at nearly the same level of saltiness as seawater (we are descendants of predecessors from the sea after all). ”

loc 3100-3101 | Wednesday, November 17, 2021 9:07:16 PM

“Our vital body fluids are made of salt and water plus other important minerals. If we sweat from heat, exercise, have fever, or are nervous, what we sweat is a mixture of salt and water. ”

loc 3102-3103 | Wednesday, November 17, 2021 9:07:28 PM

“Our tears are salt water and our breath evaporates salt water. Our blood tastes salty as well. So then, a body that spent 9 months in salt water before being born, a body that requires salt and water in every one of its cells to survive, is somehow better off without salt? How is that? ”

loc 3103-3105 | Wednesday, November 17, 2021 9:07:41 PM

“ ”

loc 3097 | Wednesday, November 17, 2021 9:09:00 PM

“It is clear that it is sugar that affects the entire metabolic system in a very negative way rather than salt. ”

loc 3164-3165 | Friday, November 19, 2021 6:46:34 AM

“refined and highly processed carbs and most filled with sugar) to be among the healthiest ”

loc 3167-3168 | Friday, November 19, 2021 9:47:09 AM

“Furthermore, the findings on the connection of salt and blood pressure are comical even in terms of the percentages and numbers. ”

loc 3171-3172 | Friday, November 19, 2021 9:48:22 AM

“One cannot have two identical blood pressure (BP) readings one after the other within the same minute because every time we breathe or our heart beats, our blood pressure changes ”

loc 3175-3176 | Friday, November 19, 2021 9:49:04 AM

“People are simply too different to state that all people need to eat the same amount of sodium. USDA or AHA guidelines should have a range that encapsulates all possibilities, even leaving room for exceptions, such as the different sodium needs of migraineurs. ”

loc 3193-3194 | Friday, November 19, 2021 9:50:57 AM

“Even in medical manuals sugar is labeled as the cause; yet interestingly when it comes to controlling blood pressure, suddenly it is salt that is reduced and not sugar<sup>39</sup>. Why? If sugar caused it, shouldn't it be sugar that is removed? ”

loc 3209-3211 | Friday, November 19, 2021 9:52:40 AM

“There are plenty of reasons to fear carbohydrates rich in easy glucose, sugars, and sugar substitutes, and none for fearing salt! ”

loc 3212-3212 | Friday, November 19, 2021 9:53:14 AM

“while we have made the veins tighter so blood can flow through them with higher pressure, we have also modified something that was not sick on its own. ”

loc 3220-3221 | Friday, November 19, 2021 9:54:11 AM

“Low blood pressure can hurt the brain; less blood may not carry enough oxygen for the neurons' requirements. ”

loc 3222-3223 | Friday, November 19, 2021 9:54:26 AM

“all migraineurs (probably all, only some may not have noticed it) have one eye becoming smaller than the other prior to a migraine. My personal experience is this: when my right eye gets smaller than the left I need salt, but if it gets bigger, I have too much salt in me and need potassium. This valuable observation relates to neuronal activity specific to managing the muscles of that eye. When the right eye gets smaller, I am running low on



voltage in a specific brain area and the affected neurons cannot open the eye properly or hold the muscle of the eye firmly. ”

loc 3230-3234 | Friday, November 19, 2021 9:57:57 AM

“Taking salt at this point changes my eye back to its normal size within 10 minutes. ”

loc 3234-3235 | Friday, November 19, 2021 9:58:10 AM

“Many women take calcium supplements, thinking they will help improve the strength of their bones. The truth, unfortunately, is that they will not. Calcium is a fat-soluble mineral, which means that one must take calcium with some good fat—for example milk or cheese. Calcium taken as a supplement can end up as calcium deposit in arteries instead of strengthening the bones. Calcium supplements can bring with them stroke danger as well ”

loc 3285-3288 | Friday, November 19, 2021 10:04:18 AM

“To optimize your calcium intake for your bones, drink whole milk and eat plenty of dairy. Meats and eggs are also great calcium sources, as are sardines that have the bones in them—and eat the bones. ”

loc 3288-3289 | Friday, November 19, 2021 10:04:32 AM

“Magnesium supplementation is recommended for all migraineurs and should be taken with calcium containing food—such as milk. ”

loc 3291-3292 | Friday, November 19, 2021 10:04:49 AM

“most high magnesium containing salads and vegetables are low in carbohydrate and also high in potassium, they are highly beneficial for migraineurs. Examples are romaine or cos lettuces, spinach, broccoli, zucchini, avocados, and similar greens. ”

loc 3293-3295 | Friday, November 19, 2021 10:05:13 AM

“Potassium is a dangerous mineral if too much is consumed (hyperkalemia) and if too little is consumed (hypokalemia). ”

loc 3300-3300 | Friday, November 19, 2021 11:16:03 AM

“A medium size banana has approximately half as much potassium as a medium size avocado but it contains a ton of sugar, ”

loc 3311-3311 | Friday, November 19, 2021 11:18:44 AM

“bananas are a poor choice of potassium: they have less potassium than many other foods, and contribute way too much sugar. ”

loc 3310-3311 | Friday, November 19, 2021 11:19:03 AM

“Many electrolyte salt supplements have 20mg or so potassium added. That amount of potassium simply helps the sodium get to the right place. That amount does not count as potassium supplementation so it is perfectly fine. ”

loc 3313-3315 | Friday, November 19, 2021 11:20:40 AM

“Consuming foods rich in potassium allows for a slow entry of potassium into our blood, assuring toxin removal. ”

loc 3312-3313 | Friday, November 19, 2021 11:20:54 AM

“ ”

loc 3310 | Friday, November 19, 2021 12:06:50 PM

“show its ugly head to which migraineurs are genetically predisposed ”

loc 3356-3356 | Saturday, November 20, 2021 8:08:45 AM

“There are three macronutrients and two of the three have vital (essential) role in our body. The macronutrients are: carbohydrates (not essential) fats (essential and non-essential fatty acids) protein (essential and non-essential amino acids) ”

loc 3392-3394 | Saturday, November 20, 2021 2:21:56 PM

“carbohydrates are not essential—meaning the human body can make all the nutrients they provide from other sources. We need not consume an ounce of carbohydrates to remain perfectly healthy. ”

loc 3395-3396 | Saturday, November 20, 2021 2:22:07 PM

“Fats (fatty acids) and protein (amino acids) contain essential nutrients and so we must eat ”

loc 3396-3397 | Saturday, November 20, 2021 2:22:52 PM

“It is worth repeating, carbohydrates aren’t essential for us at all; they represent a macronutrient group that we can live without— ”

loc 3409-3410 | Saturday, November 20, 2021 7:00:13 PM

“Simple sugar is unhealthy for all people<sup>406, 410, 439, 452, 453</sup> not just migraineurs but for migraineurs it is toxic. ”

loc 3494-3496 | Saturday, November 20, 2021 7:08:45 PM

“ ”

loc 3521 | Monday, November 22, 2021 6:42:21 AM

“Insulin as a signaling hormone has many duties in our body: hormone management, hunger management, satiety management, fat storage, and conversion. ”

loc 3547-3548 | Saturday, November 27, 2021 2:08:08 PM

“To find an online calculator that can help you ”

loc 3666-3667 | Sunday, November 28, 2021 6:17:40 PM

“To find an online calculator that can help you calculate the insulinogenic index of any food, look here: ”

loc 3666-3667 | Sunday, November 28, 2021 6:17:45 PM

“Cholesterol has earned a very bad name, courtesy of the fraudulent research performed by Ancel Keys and his followers ”

loc 3745-3746 | Sunday, December 5, 2021 8:00:21 AM

“females on average have about 5 times as much fat in their bodies (10-12%) as males do (2-3% ”

loc 3770-3771 | Sunday, December 5, 2021 12:32:45 PM

“Migraineurs should eat more fat and more cholesterol to ensure proper reserves of myelin. ”

loc 3835-3836 | Sunday, December 5, 2021 4:13:41 PM

“Grain Brain by Dr. David Perlmutter<sup>259</sup> and Wheat Belly Total Health by William Davis, ”

loc 3931-3931 | Tuesday, December 7, 2021 5:49:56 AM

“not pasted all over their menu when you order, so a celiac ”

loc 3957-3958 | Tuesday, December 7, 2021 5:52:48 AM

“Here, I am bringing them all together so you can estimate the length of your recovery. ”

loc 4096-4097 | Tuesday, December 7, 2021 6:12:14 AM

“ ”

loc 4095 | Tuesday, December 7, 2021 6:12:17 AM

“FOODS TO AVOID ”

loc 4241-4241 | Tuesday, December 7, 2021 8:07:59 AM

“Preferably avoid all of the above foods but if you choose to eat any of them, please make sure you salt after eating any of the above and similar food items— ”

loc 4258-4259 | Tuesday, December 7, 2021 8:08:49 AM

“metabolic syndrome, type 2 diabetes, and even atherosclerosis; ”

loc 4374-4375 | Tuesday, December 7, 2021 5:28:56 PM

“Stanton Migraine Diet™, which is very similar to the LCHF diet. ”

loc 4553-4554 | Wednesday, December 8, 2021 4:49:18 AM

“For an ancient brain, the ketogenic diet is likely the default, ”

loc 4571-4571 | Wednesday, December 8, 2021 4:52:07 AM

“<https://www.facebook.com/groups/156925271342382/> ”

loc 4589-4590 | Wednesday, December 8, 2021 4:56:21 AM

““Keto Mild: The Ketogenic Diet for Migraine Prevention”. ”

loc 4588-4588 | Wednesday, December 8, 2021 4:56:49 AM

“Migraine is considered to be a neurological disorder<sup>719, 720</sup> that is treated with dangerous drugs that don’t cure migraines, only try to reduce symptoms, all the while leaving migraineurs with permanent side effects ”

loc 4990-4992 | Wednesday, December 8, 2021 4:16:00 PM

“Neurological XD ”

loc 4992 | Wednesday, December 8, 2021 4:16:13 PM

“some of its traits) may go back as far as the Euarchontoglires ”

loc 5128-5129 | Thursday, December 9, 2021 4:58:11 AM

“too much sodium is bad for a person because it increases blood pressure, in fact, it increases blood volume, causing hypervolemia. ”

loc 5370-5371 | Friday, December 10, 2021 4:58:39 AM

““Silent Death – Serotonin Syndrome;” ”

loc 5468-5468 | Friday, December 10, 2021 5:14:17 AM

“ ”

loc 5490 | Tuesday, December 14, 2021 4:31:35 PM

“. Pregabalin is a Schedule V drug, and is classified as a CNS ”

loc 5690-5690 | Monday, December 20, 2021 4:58:06 AM

“migraine cause and treatment were received with great skepticism. ”

loc 286-287 | Sunday, November 14, 2021 5:36:53 AM

“We would hear noises and people think we are crazy but we could hear people whispering several rooms away. We realized we all were sensitive to light. ”

loc 380-381 | Sunday, November 14, 2021 5:49:58 AM

“we all had special abilities that non-migraineurs did not have: we could smell certain unusual odors and from longer distances—this has been called phantom odors by the scientific community ”

loc 378-379 | Sunday, November 14, 2021 5:50:12 AM

“migraineurs have some genetic predispositions and a unique metabolism. As a result, some foods (an entire macro-nutrient group) remain a trigger in such a way that by consuming them, migraineurs are not only going to get a migraine but they are much more likely to end up with metabolic disorders, particularly type 2 diabetes. ”

loc 537-539 | Sunday, November 14, 2021 7:31:54 AM

“Some medicines make your brain forget how to kick in its own painkillers so your brain becomes dependent on them ”

loc 609-610 | Sunday, November 14, 2021 7:39:56 AM

“a rebound pain is only a bad headache! It is not preceded by a prodrome and is not accompanied by other symptoms of migraine. It is simply a pain resulting from the removal of a drug. ”

loc 649-651 | Sunday, November 14, 2021 7:45:24 AM

“Occipital Neuralgia ”

loc 726-726 | Sunday, November 14, 2021 8:12:48 AM

“Do You Have Other Symptoms Beside Pain? ”

loc 759-759 | Sunday, November 14, 2021 8:19:59 AM

“Auras are in one eye only but it is really hard to see that since they are visualized with closed or opened eyes. Thus closing one eye to see if it is

affected will not help in deciding which eye is affected. ”

loc 799-800 | Sunday, November 14, 2021 8:23:29 AM

“Auras very specifically represent a flow of current across the brain and what you see is what your occipital lobe (the region of the brain that normally recognizes the patterns your eyes see) recognizes as a result of the stimulation by the current flow. ”

loc 795-797 | Sunday, November 14, 2021 8:23:43 AM

“Auras are strictly visual phenomena. ”

loc 801-802 | Sunday, November 14, 2021 8:24:18 AM

“the most prominent migraine cause is carbohydrate consumption. ”

loc 819-819 | Sunday, November 14, 2021 8:27:36 AM

“You must develop your own “shortlist” of what you are sensitive to and watch out for them in order to notice what can and will go wrong, upsetting your balance, and causing migraines. ”

loc 820-821 | Sunday, November 14, 2021 8:28:43 AM

“it is the result of an overstimulated brain running low on energy. ”

loc 822-823 | Sunday, November 14, 2021 8:29:00 AM

“How to Abort a Migraine ”

loc 827-828 | Sunday, November 14, 2021 8:30:12 AM

“Grab a very little bit of salt—a few small crystals—and place it under your tongue. Do not talk, do not move your tongue, and do not drink. Pay attention to what you feel. As the salt enters your blood very fast, it will make you feel either better or worse or you will feel no change. ”

loc 829-831 | Sunday, November 14, 2021 8:30:28 AM

“Feeling worse than before from the little bit of salt under your tongue? Spit out the salt, rinse your mouth, and grab some potassium containing food like avocado, salmon, steak, pistachio nuts, or milk. Don’t ”

loc 836-838 | Sunday, November 14, 2021 8:31:10 AM

“Feeling worse than before from the little bit of salt under your tongue? Spit out the salt, rinse your mouth, and grab some potassium containing food like avocado, salmon, steak, pistachio nuts, or milk. Don’t drink sport drinks and do not take a potassium supplement! ”

loc 836-838 | Sunday, November 14, 2021 8:31:16 AM

“Coffee’s caffeine constricts blood vessels and increases blood pressure. ”

loc 852-852 | Sunday, November 14, 2021 8:32:43 AM

“Drink no more than one small cup of coffee a day. ”

loc 853-853 | Sunday, November 14, 2021 8:32:56 AM

“Eating or drinking sweetened foods or beverages. Sweeteners, whether real, artificial, or natural, are migraine trouble. ”

loc 857-858 | Sunday, November 14, 2021 8:33:39 AM

"A glass of whole milk (can be mixed with a little heavy cream for extra fat) or cheese or some protein, such as a few bites of meat or an egg if sensitive to milk, taken about an hour before bed. "

loc 874-875 | Sunday, November 14, 2021 8:35:12 AM

"This special nutrient cocktail of milk, followed by salt with water before sleep, will support your nutritional needs throughout the night. "

loc 890-891 | Sunday, November 14, 2021 8:37:06 AM

"Always drink up 8 oz of water at once, and do not sip. Never drink more than one 8 oz glass of water at a time. "

loc 899-900 | Sunday, November 14, 2021 8:38:36 AM

"Be prepared and have salt pills or salt packets with you all the time. "

loc 909-910 | Sunday, November 14, 2021 8:40:19 AM

"migraineurs have an exacerbated response to carbohydrate consumption. "

loc 914-915 | Sunday, November 14, 2021 8:41:44 AM

"Carbohydrates, as they turn to glucose, remove water and sodium from the cells<sup>39</sup> and that's why you feel thirsty. "

loc 915-916 | Sunday, November 14, 2021 8:41:58 AM

"(salted nuts "

loc 956-956 | Sunday, November 14, 2021 8:47:14 AM

"If you have food served, choose cheese, leafy greens, and low carb options like nuts; avoid starchy veggies and fruits because of their high carb content. "

loc 957-958 | Sunday, November 14, 2021 8:47:50 AM

"After you have passed through security - where you had to get rid of all your water - purchase a big bottle of water before you get to the gate. Take a salt pill or salt packet and drink 8 oz of water with it. "

loc 951-952 | Sunday, November 14, 2021 8:48:30 AM

"If you have more than an hour before your flight takes off, drink another glass of water without salt before the plane takes off, and then one more, with salt, while the plane is taking off. "

loc 952-953 | Sunday, November 14, 2021 8:48:55 AM

"About an hour before landing, stop drinking, stop taking salt, and eat only potassium "

loc 960-961 | Sunday, November 14, 2021 8:49:19 AM

"unsalted raw nuts of any kind). "

loc 961-961 | Sunday, November 14, 2021 8:49:33 AM

"Never forget to take salt with you! You will always need it! "

loc 997-998 | Sunday, November 14, 2021 8:54:19 AM

“Never drink a protein shake or any shake or smoothie. They all convert to glucose quickly kicking you out of electrolyte homeostasis. ”

loc 999-1000 | Sunday, November 14, 2021 8:54:31 AM

“When you get to the day that only water is allowed, put salt into your water and drink as instructed (salted water, like saline IV fluid, is OK since it absorbs). ”

loc 1038-1040 | Sunday, November 14, 2021 9:01:15 AM

“salt, high potassium nuts, and whole milk if possible. ”

loc 1041-1041 | Sunday, November 14, 2021 9:02:00 AM

“Only a person with a migraine-brain can get a migraine. ”

loc 1043-1043 | Sunday, November 14, 2021 9:02:17 AM

“Having a migraine-brain is not a disease, but an anatomical difference that must be understood, accepted, and appropriately nurtured. ”

loc 1043-1044 | Sunday, November 14, 2021 9:02:41 AM

“Although electrolyte imbalance may be caused by a variety of factors, the outcome is always a migraine for those with a migraine-brain. ”

loc 1047-1048 | Sunday, November 14, 2021 9:03:31 AM

“ ”

loc 1047 | Sunday, November 14, 2021 9:03:55 AM

“each and every migraine you experience is caused by the same fundamental reality: an electrolyte imbalance has occurred which was brought about by one or more of the many factors we cover in this book. ”

loc 1046-1047 | Sunday, November 14, 2021 9:03:55 AM

“whenever you go in the sun, wet your head, wear a hat, sit under an umbrella for shade, wear dark sun glasses, and always have salt and water ready. ”

loc 967-968 | Sunday, November 14, 2021 9:04:25 AM

“Hydrate frequently but do not sip water; that will only hydrate your tongue. ”

loc 968-969 | Sunday, November 14, 2021 9:04:31 AM

“Drink a glass of water every time you drink, and only sip if the humidity is very low but also drink your glass of water on schedule in addition to sipping. ”

loc 969-970 | Sunday, November 14, 2021 9:04:42 AM

“ ”

loc 1060 | Sunday, November 14, 2021 9:07:00 AM

“ ”

loc 827 | Sunday, November 14, 2021 9:07:17 AM

“ ”

loc 1069 | Sunday, November 14, 2021 9:07:34 AM

“ ”

loc 1069 | Sunday, November 14, 2021 9:08:34 AM

“The longest neuron can be three feet long—it is a neuron that starts at the base of the spine and ends at the end of the little toe ”

loc 1144-1145 | Sunday, November 14, 2021 9:11:58 AM

“ ”

loc 1316 | Sunday, November 14, 2021 9:18:15 AM

““Migraines can alter brain structure permanently” should instead be: “Permanently altered brain structure is the hallmark of a migraine-brain.” ”

loc 1315-1316 | Sunday, November 14, 2021 9:18:15 AM

“Migraine is not understood well in the research community because researchers are looking at pain or aura, neither of which is necessary to suffer a migraine and neither of which informs us about the cause of migraine; they both are symptoms. ”

loc 1329-1330 | Sunday, November 14, 2021 9:19:54 AM

“A migraine-brain is in a state of constant struggle to find enough energy for its biochemical balance in order to maintain electrolyte homeostasis. ”

loc 1335-1336 | Sunday, November 14, 2021 9:20:49 AM

“Migraineurs have hyper sensory organ sensitivity in the brain (sight, sound, scent, touch, taste). ”

loc 1332-1333 | Sunday, November 14, 2021 9:21:17 AM

“The cost to migraineurs is huge. Beyond losing their special abilities, they also lose brain power, are on a bullet train to dementia, begin stuttering, experience strokes, and are at risk for type 2 diabetes ”

loc 1455-1456 | Sunday, November 14, 2021 9:34:21 AM

“a migraine-brain is anatomically different. Thus, reducing a migraine-brain to the capacity (in sensitivity) to a regular brain is akin to forcing on a pair of shoes that are a couple of sizes too small. ”

loc 1460-1461 | Sunday, November 14, 2021 9:35:15 AM

“Migraine starts with prodromes that are signals of an impending migraine ”

loc 1562-1562 | Sunday, November 14, 2021 2:07:22 PM

“Migraineurs tend to pass about 50% more sodium in their urine, showing the extra use ”

loc 1570-1571 | Sunday, November 14, 2021 2:08:54 PM

“migraineurs need 50% to 100% more salt in their diet than non-migraineurs do. ”

loc 1572-1573 | Sunday, November 14, 2021 2:09:09 PM



“Salt ”

loc 1573 | Sunday, November 14, 2021 2:09:16 PM

“An over or under supply of electrolyte ions sets off changes in the brain’s electrical activity that can lead to migraines or seizures. ”

loc 1589-1590 | Sunday, November 14, 2021 2:11:00 PM

“Where in the brain those changes occur determines the type of symptoms a migraineur experiences. ”

loc 1590-1590 | Sunday, November 14, 2021 2:11:15 PM

“in the case of aura migraine the initiating migraine location is in the visual cortex. The migraineur also sees the aura with eyes closed. ”

loc 1591-1591 | Sunday, November 14, 2021 2:11:27 PM

“ ”

loc 1587 | Sunday, November 14, 2021 2:11:45 PM

“It is my theory that the blind spot represents the neuronal region in CD, the region responsible for the migraine. ”

loc 1594-1595 | Sunday, November 14, 2021 2:15:22 PM

“The CSD is a slow moving electrical wave that the visual cortex interprets and presents to the migraineur as an image. The aura often starts with a blind spot. ”

loc 1593-1594 | Sunday, November 14, 2021 2:15:33 PM

“What the migraineur sees is the CSD’s wavelike movement in the visual cortex of the brain. The visual cortex’s function is to translate the signals it receives into meaningful images. ”

loc 1591-1593 | Sunday, November 14, 2021 2:15:45 PM

“ ”

loc 1610 | Sunday, November 14, 2021 2:18:18 PM

“Migraine itself is the manifestation of some parts of your brain running low on voltage energy. ”

loc 1609-1610 | Sunday, November 14, 2021 2:18:18 PM

“Not having enough energy robs neurons from being able to communicate and participate in necessary brain activities. ”

loc 1610-1611 | Sunday, November 14, 2021 3:14:19 PM

“glucose is only able to enter the cells with sodium carrying each glucose molecule into the cell. ”

loc 1611-1612 | Sunday, November 14, 2021 3:14:37 PM

“Thus you crave sweets because the available glucose cannot enter the cells without sodium, so eating more sweets will only make things worse— ”

loc 1612-1613 | Sunday, November 14, 2021 3:14:59 PM

“Voltage requires 4 key elements to be present in ample amounts in your

electrolyte: salt, potassium, calcium, and magnesium. "

loc 1613-1614 | Sunday, November 14, 2021 3:15:29 PM

"Salt is the most critical of the four and, of course, water must also be present in the right amount. "

loc 1614-1615 | Sunday, November 14, 2021 3:15:35 PM

"The more sugar and carbohydrates you eat the worse your migraine will get because while glucose needs sodium to get into the cell, once in, it removes sodium and water from your cells, disrupting electrolyte homeostasis<sup>39</sup> "

loc 1616-1618 | Sunday, November 14, 2021 3:16:11 PM

" "

loc 1624 | Sunday, November 14, 2021 3:16:59 PM

"A brain in need of more energy is not a sick brain; it merely needs a different nutritional regimen. "

loc 1623-1624 | Sunday, November 14, 2021 3:16:59 PM

"the first thing a migraineur feels is anxiety, and she feels it often. Anxiety (for a migraineur) is not a separate disease but has the function of alerting the body to start increasing oxygen, so the heart starts pumping faster with increased pulse rate, and the migraineur starts yawning in order to get more air into her lungs. "

loc 1641-1643 | Sunday, November 14, 2021 3:20:01 PM

"As the lungs fill with more air and the heart pumps more and richer oxygenated blood, unnecessary body functions shut down. This implies that digestion stops too, so if there is anything undigested in the stomach, it may be vomited up, or if there is anything in the intestinal tract, a very urgent bowel movement (perhaps diarrhea) may follow. "

loc 1643-1646 | Sunday, November 14, 2021 3:20:20 PM

" "

loc 1649 | Sunday, November 14, 2021 3:20:59 PM

" "

loc 1649 | Sunday, November 14, 2021 3:21:07 PM

"Food craving (without hunger) is another classic example of a functional prodrome. "

loc 1661-1661 | Sunday, November 14, 2021 3:23:24 PM

"The brain, in most cases, uses glucose for energy but glucose cannot get into the neurons without functioning voltage gates and sodium. "

loc 1663-1663 | Sunday, November 14, 2021 3:23:43 PM

"while the brain's first instruction to the migraineur (in the form of cravings) is to get more glucose, the brain really needs more sodium-dense electrolyte. "

loc 1664-1665 | Sunday, November 14, 2021 3:23:58 PM

“As it turns out, migraineurs are not sensitive to bright light, but rather they perceive light as brighter than non-migraineurs do because of two reasons: ”

loc 1693-1694 | Sunday, November 14, 2021 3:27:44 PM

“AURAS ”

loc 1760-1760 | Sunday, November 14, 2021 3:35:05 PM

“are blurred (haloes are generally signs of astigmatism ”

loc 1790-1791 | Sunday, November 14, 2021 3:37:38 PM

“Auras very specifically represent a flow of current across the brain and what you see is what your occipital lobe, the region of the brain that tries to make sense of the patterns your eyes see, falsely recognizes as it is being stimulated by the flow. ”

loc 1805-1806 | Sunday, November 14, 2021 3:38:58 PM

“YAWNING ”

loc 1914-1914 | Sunday, November 14, 2021 3:51:37 PM

“Yawning is the least understood but most common prodrome. It has two functions. ”

loc 1914-1915 | Sunday, November 14, 2021 3:51:43 PM

“indication for increased need for oxygen. ”

loc 1915-1915 | Sunday, November 14, 2021 3:51:55 PM

“your adrenaline and other stress hormones have been released and started the fight-or-flight mode, which requires increased oxygen. ”

loc 1916-1917 | Sunday, November 14, 2021 3:52:04 PM

“other function is evolutionary. Since migraine itself is a threat and stress response, yawning, to this day, is part of such response in apes and many mammals. It is a sign of power by showing powerful incisors. Notice how when you yawn you show your teeth. This is a prodrome. ”

loc 1917-1919 | Sunday, November 14, 2021 3:52:13 PM

“Are you thirsty all the time no matter how much water you drink? ”

loc 1922-1922 | Sunday, November 14, 2021 3:53:00 PM

“Spend some time each day looking at your face and ankles, feel your toes in your shoes, and rotate the rings around your fingers. Look for edema. ”

loc 1932-1933 | Sunday, November 14, 2021 3:54:13 PM

“Pay particular attention to your eyes: the size, shape, angle, the size of your pupils, and how far or close your eyes are to each other. ”

loc 1954-1955 | Sunday, November 14, 2021 3:57:17 PM

“The migraine-brain is a brain on high alert and as such it fits within the human evolutionary past ”

loc 2025-2026 | Sunday, November 14, 2021 4:05:42 PM

“Primates, our closest relatives in evolutionary terms, likely all have a hyper sensitized brain. ”

loc 2028-2028 | Sunday, November 14, 2021 4:05:59 PM

“Once this is understood and countermeasures are taken prior to and during the full moon to assure that more energy is available, the curse of the full moon as a migraine cause disappears. ”

loc 2087-2088 | Sunday, November 14, 2021 4:12:07 PM

“migraineurs share a lot more than pain! Migraineurs pretty much have nearly identical brains. ”

loc 2095-2096 | Sunday, November 14, 2021 4:12:42 PM

“Given that over 15% of the global population has migraines<sup>178</sup>, it is too large of a percentage to consider it a random identical variation by accident. ”

loc 2098-2099 | Sunday, November 14, 2021 4:13:02 PM

“The evolutionary process of elimination is only accelerated in cases when the particular trait or characteristic is disadvantageous for the survival chances of the species. ”

loc 2110-2111 | Sunday, November 14, 2021 4:15:07 PM

“If nature has not found the migraine-brain detrimental enough to be eliminated from the genome, it certainly cannot be justified to dull it or to make it ineffective by medications. Rather we should embrace our special skills and figure out what is behind the pain and how to prevent it. ”

loc 2117-2119 | Sunday, November 14, 2021 4:15:47 PM

“ ”

loc 2119 | Sunday, November 14, 2021 4:15:52 PM

“ ”

loc 2137 | Sunday, November 14, 2021 4:17:35 PM

“ ”

loc 2195 | Sunday, November 14, 2021 4:44:46 PM

“[Stress] can turn genetic switches on” ”

loc 2148-2148 | Sunday, November 14, 2021 4:48:31 PM

“everything we do and everything that happens to us has a chance to either help or hinder the expression of certain genes. ”

loc 2145-2146 | Sunday, November 14, 2021 4:48:51 PM

“This explains why, in some families, migraines seem to be inherited from generation to generation, whereas in other families there is no discernible pattern. ”

loc 2146-2147 | Sunday, November 14, 2021 4:49:02 PM

“up until 2014 I had been the first and only member in my family with

migraines. No one among my parents, their siblings or my cousins, and neither one of my two sons had migraines. However, my younger son did have the same extra sensitive sensory organs as I did, including smell, hearing, and amazing vision. He had his first migraine in 2014. "

loc 2153-2155 | Sunday, November 14, 2021 4:50:16 PM

"he has inherited his sensitivity from me and his genetic switch for getting migraines was expressed in 2014. "

loc 2155-2156 | Sunday, November 14, 2021 4:50:24 PM

"It shows my mother, my grandmother, and me as a baby on the picture. I was shocked to see that my grandmother was a migraineur. She showed one of the most common migraineur prodromes on her face: one eye smaller than the other, its lid puffy, and under the other eye dark circles. "

loc 2157-2159 | Sunday, November 14, 2021 4:50:49 PM

"migraine-brain develops over time with many more neuronal receptor connections than regular brains, and this requires more energy<sup>144, 226</sup> since the brain must process far more sensory inputs from hyper sensitive sensory organs<sup>3</sup>. "

loc 2217-2220 | Sunday, November 14, 2021 4:58:25 PM

"migraineurs are hypovolemic (low blood volume) "

loc 2242-2242 | Sunday, November 14, 2021 5:01:04 PM

"more neurotransmitters are created – this is a voltage expensive process that requires more energy "

loc 2348-2349 | Monday, November 15, 2021 5:08:25 AM

"An eye exam for a migraineur where the pupils must be dilated "

loc 2392-2392 | Monday, November 15, 2021 5:16:53 AM

"The migraineurs' hyper sensitive brain amplifies everything sensory. "

loc 2442-2442 | Monday, November 15, 2021 5:23:43 AM

"If we stimulate a single neuron and no other neuron pays attention (as in a non-migraine-brain), all the effort of that neuron is inhibited, the fire is put out, and not much extra energy is used. When a migraine-brain is stimulated, the activation of the neurons with many more receptor connections pass the signals to a multitude of neurons—the signal will be amplified. "

loc 2443-2446 | Monday, November 15, 2021 5:24:10 AM

"Full moon has bright light → man-eating predators can hunt easier in the bright light of a night with full moon, therefore danger is associated with the full moon → the possibility of danger initiates a stress response and the body releases adrenaline → migraineurs are very alert a few days prior to and during a full moon → in ancient times this was an evolutionary advantage (watching out for predators) → a higher level of adrenaline ties up insulin, preventing glucose from reaching the brain. While alert needs more voltage energy → more voltage energy needs more sodium and nutrition → without extra sodium and nutrition migraine is imminent during full moon. "

loc 2531-2535 | Monday, November 15, 2021 5:33:48 AM

“There are four interrelated parts to weather as triggers: altitude change, barometric pressure change, temperature change, and humidity change. ”

loc 2547-2548 | Monday, November 15, 2021 5:35:29 AM

““hydrate more when it is hot” or “hydrate more at high elevation.” That is, drink more water AND eat extra salt! ”

loc 2561-2562 | Monday, November 15, 2021 5:37:37 AM

“pressure increases though, do the opposite: rather than increasing salt and water, increase potassium by eating potassium-rich foods. ”

loc 2562-2563 | Monday, November 15, 2021 5:38:04 AM

“the larger the experienced pressure difference, the more severe the consequences may be. ”

loc 2570-2570 | Monday, November 15, 2021 5:40:21 AM

“Facebook migraine group “Migraine Sufferers Who Want to be Cured.” ”

loc 2575-2576 | Monday, November 15, 2021 5:41:12 AM

“when the pressure increases, needs to shed some water from the blood, and also from within the cells. To do so, potassium is needed. ”

loc 2603-2604 | Monday, November 15, 2021 5:44:26 AM

“it is not the particular food that triggers the migraine. Rather, it is some element of that food that contributes to a chemical imbalance that influences the likelihood of having a migraine. ”

loc 2616-2617 | Monday, November 15, 2021 5:46:09 AM

“By eating that banana you will have created a major electrolyte disruption by dehydrating yourself. You will immediately be thirsty after eating the banana, and if you drink you will become even more dehydrated by diluting your electrolytes further, since sodium was also removed by the sugar and there is nothing to hold water for your cells. ”

loc 2637-2639 | Monday, November 15, 2021 5:48:31 AM

“a banana is never a recommended food item for a migraineur. It is not nutrition dense enough and has way too much sugar. ”

loc 2644-2645 | Monday, November 15, 2021 5:49:49 AM

“Take a 1/8th of a teaspoon of salt after the banana instead of drinking water; just salt, no water, no matter how thirsty you are. ”

loc 2640-2641 | Monday, November 15, 2021 5:50:14 AM

“You are thirsty as a result of water and sodium leaving your cells—it is not that you have no water only it was removed from the cells and you need to pull it back. The only way you can bring water back is by adding salt, which will attract water back. ”

loc 2642-2643 | Monday, November 15, 2021 5:50:27 AM

“Males in relationships change their looks similarly to how females move

into estrus: they become more masculine, more muscular, and a bit more aggressive. ”

loc 2776-2777 | Monday, November 15, 2021 6:10:39 AM

“Particularly in boys, migraines are very common in puberty when their hormonal variations are high. Testosterone increases, occupying insulin receptors, backing glucose up, and preventing nutrients from reaching brain areas that develop fast. ”

loc 2803-2804 | Monday, November 15, 2021 6:13:48 AM

“Many triggers and prodromes are connected to ”

loc 2806-2807 | Tuesday, November 16, 2021 6:32:01 AM

“The speed with which your blood glucose increases and decreases matters the most, magnitude is important but secondary. ”

loc 2836-2837 | Tuesday, November 16, 2021 6:39:20 AM

“Consuming carbs is not essential because our body can make its own glucose— ”

loc 2853-2853 | Tuesday, November 16, 2021 6:41:46 AM

“water and salt (hydration) are very important in migraine prevention. ”

loc 2891-2891 | Tuesday, November 16, 2021 6:51:48 AM

“To be able to feel your body’s plea, you need to reach a healthy baseline from which you can judge how far you have derailed. ”

loc 2893-2894 | Tuesday, November 16, 2021 6:52:16 AM

“everyone needs an amount of water that is proportional to their gender, size, level of activity, altitude, and climate. ”

loc 2902-2902 | Tuesday, November 16, 2021 6:53:10 AM

“The minimum daily water a woman needs is equivalent to the amount of water her body contains in ounces. ”

loc 2906-2906 | Tuesday, November 16, 2021 6:53:52 AM

“70% of your body is water so instead of 0.55, multiply by 0.70. As a male with the above weight of 132 lbs., you need 92.4 oz. water or 11.6 glasses of water, minimum. ”

loc 2910-2912 | Tuesday, November 16, 2021 6:54:35 AM

“assume you weigh 132 lbs. Take 55% of that, so  $132 \times 0.55 = 73$  oz. is your daily minimum water intake. ”

loc 2909-2910 | Tuesday, November 16, 2021 7:05:19 AM

“assume you weigh 132 lbs. Take 55% of that, so  $132 \times 0.55 = 73$  oz. is your daily minimum water intake. Divide this by 8:  $73/8=9$  glasses of water. ”

loc 2909-2910 | Tuesday, November 16, 2021 7:05:29 AM

“Weight to lbs = weight in kg \* 2.2; now calculate required water in Oz weight in lbs \* 0.7

thats the required water amount

e.g.

$122.57 * 0.70 = 85.79 \text{ Oz}$

metal bottle caacity = 30.2 Oz

So i require minimum 3 bottles of water from the metal bottle "

loc 2910 | Tuesday, November 16, 2021 7:08:13 AM

"In the morning, before I even get out of bed, I drink a glass of water and take a salt pill. This replenishes my body and rehydrates it after a night of sleep. "

loc 2936-2937 | Tuesday, November 16, 2021 7:12:11 AM

"A migraineur cannot afford to see large changes in her urine color. Changes represent hydration, and thus electrolyte, changes: too dark is dehydrated and too light is over hydrated (not enough minerals in the electrolyte). Your urine should be light yellow—like mild lemonade—but never like water. "

loc 2939-2941 | Tuesday, November 16, 2021 7:12:49 AM

"This is the base against which you adjust on a moment's notice should you feel that the light is getting brighter, the noise is getting noisier, your kids seem suddenly too wild, though they are doing exactly the same thing they were doing 5 minutes ago, etc. "

loc 2945-2947 | Tuesday, November 16, 2021 7:15:38 AM

"Importance of baseline "

loc 2948 | Tuesday, November 16, 2021 7:16:03 AM

"The reason why baseline is a must is because it brings your body to an optimal and predictable state, and allows your body to clear out leftover edema that you never knew you had. "

loc 2947-2948 | Tuesday, November 16, 2021 7:16:03 AM

"You must completely give up all added sweeteners—cold turkey is the easiest way to quit since sweeteners are highly addictive. "

loc 2954-2955 | Tuesday, November 16, 2021 10:14:16 PM

"You cannot have any smoothies, shakes, sauces, juices, gels, or any fruits, vegetables, grains, or higher-carb nuts and seeds, in any shape or form, where they are separated from their fiber. "

loc 2961-2962 | Tuesday, November 16, 2021 10:15:05 PM

"Drinking water at this time is the worst thing you can do. Instead, take 1/8th teaspoon of salt with just a sip of water when you feel thirsty after eating carbs. This "

loc 3002-3003 | Tuesday, November 16, 2021 10:16:39 PM

"Avoid prepared foods because they all, without exception, contain sugar, preservatives, and additives that may lead to migraine, and nearly zero fiber.



”

loc 2973-2974 | Wednesday, November 17, 2021 8:12:52 PM

“Motto for migrainers ”

loc 2976 | Wednesday, November 17, 2021 8:14:28 PM

““If you are not the one who prepared it, don’t eat it.” ”

loc 2976-2976 | Wednesday, November 17, 2021 8:14:28 PM

“You need to devote time learning how to read food labels, ingredient lists, and using the USDA Foods Database or any alternate available in your country. ”

loc 2980-2981 | Wednesday, November 17, 2021 8:15:49 PM

“Calculate your minimum and maximum water need based on the previous sub-section. Never drink less than your minimum and never exceed your maximum. Make sure that you “hydrate”, meaning water with salt every now and then (not every glass) to produce electrolyte, versus simply drinking water. Let your urine color be your guide. ”

loc 2984-2986 | Wednesday, November 17, 2021 8:16:04 PM

“ ”

loc 2988 | Wednesday, November 17, 2021 8:16:19 PM

“Keep salt by your bedside and a glass of water too. ”

loc 3009-3009 | Wednesday, November 17, 2021 8:21:23 PM

“When you awaken in the morning, and before you even get out of bed, take 1/8th teaspoon of salt or a salt pill and a glass of water. Wait at least 30 minutes before you eat breakfast. ”

loc 3009-3010 | Wednesday, November 17, 2021 8:21:46 PM

“At the start of a migraine, first you have to remember what you have eaten within the past 24 hours—keeping a diary helps. ”

loc 3031-3032 | Wednesday, November 17, 2021 8:25:59 PM

“Possible problem areas: too much or too little carbs, too much or too little salt, too much or too little potassium, too much or too little water. ”

loc 3032-3033 | Wednesday, November 17, 2021 8:26:09 PM

“<https://www.facebook.com/groups/219182458276615/> ”

loc 3042-3043 | Wednesday, November 17, 2021 8:27:16 PM

“in a 16 oz glass of water add 1/8th of a teaspoon of salt and one teaspoon unsweetened and undiluted frozen orange juice concentrate (or 2-3 tablespoons of fresh orange juice). Mix it well, and take it a spoonful at a time 10 minutes apart, little by little as discussed in Part II, reducing the time between spoonful as you are able to hold more and more the fluid down. ”

loc 3049-3052 | Wednesday, November 17, 2021 8:29:46 PM

“Worthless people live only to eat and drink; people of worth eat and drink

only to live. "

loc 3064-3064 | Wednesday, November 17, 2021 8:30:10 PM

"The color of the urine represents what it carries out of your system and it better be carrying toxins! "

loc 3079-3080 | Wednesday, November 17, 2021 8:35:08 PM

"For hydration, meaning to get water inside your cells, you need to make sure you have proper amounts of salt and potassium in your body! Sodium and chloride make sure that water can enter the cells, as we described it in detail before. Potassium is required to remove the water from the cell. Hydration is a process by which your cells take water in and send waste and toxins out. "

loc 3082-3084 | Wednesday, November 17, 2021 8:36:05 PM

"Our urine color is "transparent yellow" which is distinctly yellow but not neon yellow (like after taking vitamin B), not dark (like honey), and not clear (like water). "

loc 3078-3079 | Wednesday, November 17, 2021 8:36:31 PM

"salt is the most important essential mineral for the whole body. Salt is one of the most essential minerals for the brain as well. "

loc 3087-3088 | Wednesday, November 17, 2021 9:04:48 PM

"the lack of enough salt to be precise, is very strongly connected to migraines. "

loc 3088-3088 | Wednesday, November 17, 2021 9:04:58 PM

"without salt there is no heartbeat, no brain function, and no blood. "

loc 3090-3090 | Wednesday, November 17, 2021 9:05:12 PM

"Fetuses in amniotic fluid are in salt water at nearly the same level of saltiness as seawater (we are descendants of predecessors from the sea after all). "

loc 3100-3101 | Wednesday, November 17, 2021 9:07:05 PM

"We all start (and have always started) our lives in salt water. "

loc 3101-3102 | Wednesday, November 17, 2021 9:07:14 PM

"Fetuses in amniotic fluid are in salt water at nearly the same level of saltiness as seawater (we are descendants of predecessors from the sea after all). "

loc 3100-3101 | Wednesday, November 17, 2021 9:07:16 PM

"Our vital body fluids are made of salt and water plus other important minerals. If we sweat from heat, exercise, have fever, or are nervous, what we sweat is a mixture of salt and water. "

loc 3102-3103 | Wednesday, November 17, 2021 9:07:28 PM

"Our tears are salt water and our breath evaporates salt water. Our blood tastes salty as well. So then, a body that spent 9 months in salt water before being born, a body that requires salt and water in every one of its cells to

survive, is somehow better off without salt? How is that? "

loc 3103-3105 | Wednesday, November 17, 2021 9:07:41 PM

" "

loc 3097 | Wednesday, November 17, 2021 9:09:00 PM

"It is clear that it is sugar that affects the entire metabolic system in a very negative way rather than salt. "

loc 3164-3165 | Friday, November 19, 2021 6:46:34 AM

"refined and highly processed carbs and most filled with sugar) to be among the healthiest "

loc 3167-3168 | Friday, November 19, 2021 9:47:09 AM

"Furthermore, the findings on the connection of salt and blood pressure are comical even in terms of the percentages and numbers. "

loc 3171-3172 | Friday, November 19, 2021 9:48:22 AM

"One cannot have two identical blood pressure (BP) readings one after the other within the same minute because every time we breathe or our heart beats, our blood pressure changes "

loc 3175-3176 | Friday, November 19, 2021 9:49:04 AM

"People are simply too different to state that all people need to eat the same amount of sodium. USDA or AHA guidelines should have a range that encapsulates all possibilities, even leaving room for exceptions, such as the different sodium needs of migraineurs. "

loc 3193-3194 | Friday, November 19, 2021 9:50:57 AM

"Even in medical manuals sugar is labeled as the cause; yet interestingly when it comes to controlling blood pressure, suddenly it is salt that is reduced and not sugar<sup>39</sup>. Why? If sugar caused it, shouldn't it be sugar that is removed? "

loc 3209-3211 | Friday, November 19, 2021 9:52:40 AM

"There are plenty of reasons to fear carbohydrates rich in easy glucose, sugars, and sugar substitutes, and none for fearing salt! "

loc 3212-3212 | Friday, November 19, 2021 9:53:14 AM

"while we have made the veins tighter so blood can flow through them with higher pressure, we have also modified something that was not sick on its own. "

loc 3220-3221 | Friday, November 19, 2021 9:54:11 AM

"Low blood pressure can hurt the brain; less blood may not carry enough oxygen for the neurons' requirements. "

loc 3222-3223 | Friday, November 19, 2021 9:54:26 AM

"all migraineurs (probably all, only some may not have noticed it) have one eye becoming smaller than the other prior to a migraine. My personal experience is this: when my right eye gets smaller than the left I need salt, but if it gets bigger, I have too much salt in me and need potassium. This

valuable observation relates to neuronal activity specific to managing the muscles of that eye. When the right eye gets smaller, I am running low on voltage in a specific brain area and the affected neurons cannot open the eye properly or hold the muscle of the eye firmly. "

loc 3230-3234 | Friday, November 19, 2021 9:57:57 AM

"Taking salt at this point changes my eye back to its normal size within 10 minutes. "

loc 3234-3235 | Friday, November 19, 2021 9:58:10 AM

"Many women take calcium supplements, thinking they will help improve the strength of their bones. The truth, unfortunately, is that they will not. Calcium is a fat-soluble mineral, which means that one must take calcium with some good fat—for example milk or cheese. Calcium taken as a supplement can end up as calcium deposit in arteries instead of strengthening the bones. Calcium supplements can bring with them stroke danger as well "

loc 3285-3288 | Friday, November 19, 2021 10:04:18 AM

"To optimize your calcium intake for your bones, drink whole milk and eat plenty of dairy. Meats and eggs are also great calcium sources, as are sardines that have the bones in them—and eat the bones. "

loc 3288-3289 | Friday, November 19, 2021 10:04:32 AM

"Magnesium supplementation is recommended for all migraineurs and should be taken with calcium containing food—such as milk. "

loc 3291-3292 | Friday, November 19, 2021 10:04:49 AM

"most high magnesium containing salads and vegetables are low in carbohydrate and also high in potassium, they are highly beneficial for migraineurs. Examples are romaine or cos lettuces, spinach, broccoli, zucchini, avocados, and similar greens. "

loc 3293-3295 | Friday, November 19, 2021 10:05:13 AM

"Potassium is a dangerous mineral if too much is consumed (hyperkalemia) and if too little is consumed (hypokalemia). "

loc 3300-3300 | Friday, November 19, 2021 11:16:03 AM

"A medium size banana has approximately half as much potassium as a medium size avocado but it contains a ton of sugar, "

loc 3311-3311 | Friday, November 19, 2021 11:18:44 AM

"bananas are a poor choice of potassium: they have less potassium than many other foods, and contribute way too much sugar. "

loc 3310-3311 | Friday, November 19, 2021 11:19:03 AM

"Many electrolyte salt supplements have 20mg or so potassium added. That amount of potassium simply helps the sodium get to the right place. That amount does not count as potassium supplementation so it is perfectly fine. "

loc 3313-3315 | Friday, November 19, 2021 11:20:40 AM

“Consuming foods rich in potassium allows for a slow entry of potassium into our blood, assuring toxin removal. ”

loc 3312-3313 | Friday, November 19, 2021 11:20:54 AM

“ ”

loc 3310 | Friday, November 19, 2021 12:06:50 PM

“show its ugly head to which migraineurs are genetically predisposed ”

loc 3356-3356 | Saturday, November 20, 2021 8:08:45 AM

“There are three macronutrients and two of the three have vital (essential) role in our body. The macronutrients are: carbohydrates (not essential) fats (essential and non-essential fatty acids) protein (essential and non-essential amino acids) ”

loc 3392-3394 | Saturday, November 20, 2021 2:21:56 PM

“carbohydrates are not essential—meaning the human body can make all the nutrients they provide from other sources. We need not consume an ounce of carbohydrates to remain perfectly healthy. ”

loc 3395-3396 | Saturday, November 20, 2021 2:22:07 PM

“Fats (fatty acids) and protein (amino acids) contain essential nutrients and so we must eat ”

loc 3396-3397 | Saturday, November 20, 2021 2:22:52 PM

“It is worth repeating, carbohydrates aren’t essential for us at all; they represent a macronutrient group that we can live without— ”

loc 3409-3410 | Saturday, November 20, 2021 7:00:13 PM

“Simple sugar is unhealthy for all people<sup>406, 410, 439, 452, 453</sup> not just migraineurs but for migraineurs it is toxic. ”

loc 3494-3496 | Saturday, November 20, 2021 7:08:45 PM

“ ”

loc 3521 | Monday, November 22, 2021 6:42:21 AM

“Insulin as a signaling hormone has many duties in our body: hormone management, hunger management, satiety management, fat storage, and conversion. ”

loc 3547-3548 | Saturday, November 27, 2021 2:08:08 PM

“To find an online calculator that can help you ”

loc 3666-3667 | Sunday, November 28, 2021 6:17:40 PM

“To find an online calculator that can help you calculate the insulinogenic index of any food, look here: ”

loc 3666-3667 | Sunday, November 28, 2021 6:17:45 PM

“Cholesterol has earned a very bad name, courtesy of the fraudulent research performed by Ancel Keys and his followers ”

loc 3745-3746 | Sunday, December 5, 2021 8:00:21 AM

“females on average have about 5 times as much fat in their bodies (10-12%) as males do (2-3% ”

loc 3770-3771 | Sunday, December 5, 2021 12:32:45 PM

“Migraineurs should eat more fat and more cholesterol to ensure proper reserves of myelin. ”

loc 3835-3836 | Sunday, December 5, 2021 4:13:41 PM

“Grain Brain by Dr. David Perlmutter<sup>259</sup> and Wheat Belly Total Health by William Davis, ”

loc 3931-3931 | Tuesday, December 7, 2021 5:49:56 AM

“not pasted all over their menu when you order, so a celiac ”

loc 3957-3958 | Tuesday, December 7, 2021 5:52:48 AM

“Here, I am bringing them all together so you can estimate the length of your recovery. ”

loc 4096-4097 | Tuesday, December 7, 2021 6:12:14 AM

“ ”

loc 4095 | Tuesday, December 7, 2021 6:12:17 AM

“FOODS TO AVOID ”

loc 4241-4241 | Tuesday, December 7, 2021 8:07:59 AM

“Preferably avoid all of the above foods but if you choose to eat any of them, please make sure you salt after eating any of the above and similar food items— ”

loc 4258-4259 | Tuesday, December 7, 2021 8:08:49 AM

“metabolic syndrome, type 2 diabetes, and even atherosclerosis; ”

loc 4374-4375 | Tuesday, December 7, 2021 5:28:56 PM

“Stanton Migraine Diet™, which is very similar to the LCHF diet. ”

loc 4553-4554 | Wednesday, December 8, 2021 4:49:18 AM

“For an ancient brain, the ketogenic diet is likely the default, ”

loc 4571-4571 | Wednesday, December 8, 2021 4:52:07 AM

“<https://www.facebook.com/groups/156925271342382/> ”

loc 4589-4590 | Wednesday, December 8, 2021 4:56:21 AM

““Keto Mild: The Ketogenic Diet for Migraine Prevention”. ”

loc 4588-4588 | Wednesday, December 8, 2021 4:56:49 AM

“Migraine is considered to be a neurological disorder<sup>719, 720</sup> that is treated with dangerous drugs that don’t cure migraines, only try to reduce symptoms, all the while leaving migraineurs with permanent side effects ”

loc 4990-4992 | Wednesday, December 8, 2021 4:16:00 PM

“Neurological XD ”

loc 4992 | Wednesday, December 8, 2021 4:16:13 PM

“some of its traits) may go back as far as the Euarchontoglires ”

loc 5128-5129 | Thursday, December 9, 2021 4:58:11 AM

“too much sodium is bad for a person because it increases blood pressure, in fact, it increases blood volume, causing hypervolemia. ”

loc 5370-5371 | Friday, December 10, 2021 4:58:39 AM

““Silent Death - Serotonin Syndrome;” ”

loc 5468-5468 | Friday, December 10, 2021 5:14:17 AM

“ ”

loc 5490 | Tuesday, December 14, 2021 4:31:35 PM

“. Pregabalin is a Schedule V drug, and is classified as a CNS ”

loc 5690-5690 | Monday, December 20, 2021 4:58:06 AM