

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- naturopath
- laser hair removal
- orthotics

MIGRAINE HEADACHES:

By Dr. Selene Wilkinson, N.D

HISTORY

Jennifer, a 37-year-old woman presented with weekly, painful, migraine headaches that she had been experiencing for as long as she could remember. When the migraines began she always lost her peripheral vision and experienced nausea and often vomiting. At that point she would be forced to take prescription medication and go straight to bed. In addition to her migraines she also suffered digestive issues such as bloating, gas, constipation and environmental allergies.

PREVIOUS TREATMENTS

She had been using prescription medication in attempts to control her migraines but she was worried about the severe negative (both short and long term) side effects that she might experience. Jennifer tried to keep her stress as minimal as possible, but with three children she found this rather challenging. She tried to avoid certain foods from her diet such as red wine, tomatoes and sugar to help with her health concerns. She had also tried to eat small meals or avoid meals altogether to help with her symptoms and to attempt to lose 15 pounds, however the symptoms still progressed. Furthermore, she used a daily over the counter antihistamine during the times when her allergies bothered her.

TREATMENT

After performing allergy testing we identified that Jennifer had food sensitivities to wheat, corn and soy. Knowing this information, we were able to omit these items from her diet in addition to creating a new diet plan for her. Part of this included a liver cleanse and assessing her stress management skills. Further testing identified a number of vitamin and mineral deficiencies, which were provided as dietary suggestions and supplementation.



I also used acupuncture to help move her Qi throughout her body to decrease and eventually omit her migraines, as well as help with her digestion and allergies.

When Jennifer returned to the clinic for a follow-up visit three weeks after her initial appointment she had only experienced one headache and no migraines in that period. She followed the diet that we had developed and within one week noticed positive changes in her digestion. She reported that she had no migraines and had more energy since omitting the specified foods from her diet, following the liver cleanse and the acupuncture sessions that we had. Her skin appeared healthy and glowing. She was excited that she did not experience bloating or gas in her stomach anymore. She now had daily bowel movement and was no longer constipated. She could not believe how great it was to have a flat stomach. She said she had forgotten how great it was to feel as good as she did. She also mentioned she didn't mind the couple of extra pounds she has since lost.

After 6 months Jennifer returned for another follow-up visit and testing that showed her vitamin and mineral levels were now at normal levels. She had not experienced a single migraine headache and she was not experiencing any digestive issues.

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