

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

# HEADACHES AND MIGRAINES

There are many reasons for headaches and migraines. Start with drinking enough water. Sticking to a low-carb diet. Blood sugar swings can cause them. Not enough sleep. Stress, burn-out. Lack of exercise. Drinking. Look at meditation, stress reducing activities like yoga, swimming, walking in nature, socializing. Not when you're in the middle of one necessarily, but as a way to stop them from happening. Here are some formulas to help with factors like stress, neck and shoulder tension, colds/sinus problems and menopause.



**BE PREPARED THE  
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Headaches and Migranes when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

**You do not have to get ALL of these formulas.**

**Please see which applies to your symptoms and chose accordingly.**

## EASE 2



- Treats prolonged colds and flus from any virus, vaccination reactions, such as fatigue and lingering body aches. helps muscular tension and pain in the head, neck, shoulders & upper back. Good for PMS, especially mood swings. Treats food allergies, bloating & belching.
- Take 1-3 tablets, 1-3 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

## EASE PLUS



- Treats headaches and migraines. Good for withdrawal from tobacco, medications and other addictive substances. Helps with stress, nervousness, insomnia and emotional distress. If there is severe stress and anxiety, combine with Calm Spirit. If headache or migraines are more from neck and upper back tension, use Ease 2 instead.
- 2-4 tablets, 2-4 times a day. Dose is for 120lb adult so adjust as necessary.
- Safe for pregnancy, breastfeeding & kids.

### THREE IMMORTALS



- **For insomnia due to menopause. With accompanying symptoms of hot flashes, night sweats, headaches/migraines, irritability, palpitations, vertigo, tinnitus, depression, low back pain, hot hands and feet, especially at night, constipation, bleeding gums, low sexual drive. For severe hot flashes, add Coptis Purge Fire. If more anger and irritability than heat signs, try Women's Balance instead.**
- Take 1-3 tablets, 2-3 times a day
- Safe for pregnancy & breastfeeding. Kids shouldn't need this one!

### ISATIS GOLD



- **A powerful cold and flu fighter! Treats bacterial and viral infections that cause inflammation and fever, especially upper respiratory infections and bronchitis. Also good for gum infections, Hepatitis A & B, Herpes zoster and simplex.**
- Take 1-3 tabs every 1-3 hours for up to 10 days. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

### HEAD Q



- **Treats and prevents headaches and TMJ, trigeminal neuralgia, facial pain, colds with sinus congestion and sinus pain. Can help with upper back, neck and shoulder pain.**
- Add Clear heat for **herpes infections** on the face or eyes.
- Take 3-5 tablets 1-4 times a day until symptoms resolve. Doses are based on 120lb adult, so adjust accordingly.
- Add Ease 2 if **headache is coming from severe neck, shoulder and upper back pain and tension.**
- Safe for pregnancy, breastfeeding & kids.

### COPTIS PURGE FIRE



- This can be used to treat migraines especially with inflammation and heat signs. It is a natural antibiotic. Treats sore throat, strep throat, eye, ear, tooth and mouth infections. Pelvic inflammatory disease. Urinary tract infections. take with Isatis gold for acute infections. take with Astra Isatis for herpes outbreaks.
- Take 1-3 tablets, 2-4 times a day for up to one week. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

### RESINALL E



- **Treats pain, swelling due to traumatic injuries-sprains, strains, contusions, fractures, broken bones, torn sinews, bleeding, bruising, lacerations. Helps healing after surgery.**
- 3-5 tablets 3-5 times a day. Best when taken immediately after injuries. Take up to 2 weeks. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- **Can also be taken before athletic events to prevent swelling (think Football!), also good for flare ups of chronic conditions like rheumatoid arthritis and chronic headaches.**
- Safe for breastfeeding & kids. Not recommended for pregnancy.

### **MOBILITY 3**



- **Treats headaches due to exposure of wind, cold or dampness. Other symptoms include numbness, pain, fatigue, arthritis worse in cold and damp weather. Long term use is fine, especially in cold and damp climates for those sensitive.**
- Take 1-3 tablets, 2-4 times a day. Dose is for 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.