

A close-up photograph of several vibrant pink carnations with ruffled petals, set against a background of lush green leaves with prominent veins. The lighting is bright, highlighting the texture of the flowers and leaves.

**EAT FAT,  
GET THIN**

**MIGRAINE SOLUTION**



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# INTRODUCTION

Chronic disease affects half of all Americans and accounts for 84 percent of our \$3.8 trillion health care bill. This would be depressing except for one simple fact: Most of these chronic illnesses are lifestyle-related diseases. That means they're preventable, treatable and often even reversible through changes in lifestyle factors like [diet](#), [exercise](#), and [stress](#).

More specifically, the food we eat (or don't eat) is the single biggest driver of chronic illness – everything from heart disease to diabetes, cancer to dementia, arthritis to autoimmunity, and more.

*Simply put, food can cause disease, but it also can cure disease.*

That's what Joanne Schwien learned when she did the *Eat Fat, Get Thin* program. After 40 days, Joanne's blood pressure normalized, her A1C was lower than it has been in 15 years on medication and her aches and pains went away. After the 4th day, she was able to get off both her diabetes and blood pressure medication. And she lost over 50 pounds!

Joanne didn't need one diet for her diabetes, another for her high blood pressure, and yet another for her heartburn. She simply needed real food – anti-inflammatory food, detoxifying food, blood-sugar-balancing food, in other words, the *Eat Fat, Get Thin* plan.

## A Pill for Every Ill

As a doctor trained in conventional medicine, I was taught there is a pill for every ill, which is how someone like Joanne ends up on medication. But those meds didn't make her better. She was still sick and had what I call "F.L.C. syndrome" – that's when you Feel Like Crap! And now after 40 days on the *Eat Fat, Get Thin* Plan, Joanne feels better than she can ever remember.

The beauty of the human body is that if you take out the bad stuff and put in the good stuff, the body heals. And it doesn't take long – often just 21 days. And if you are really sick, you can continue. Then in 40 days most chronic problems will dramatically improve or go away entirely.

## Why I Created my E-Book Series

That is why I have created this e-book – to create a simple road map for using food as medicine. The science behind it is derived from the emerging view that food is not just calories but information – instructions that control your gene expression, hormones, immune system, and brain chemistry and provide the raw materials to build every cell of your body. The food you eat even determines which gut bacteria flourish in your digestive

tract – good guys or bad guys. Each bite is literally controlling every function of your body. Again, food is not just calories.

*Food is information.*

The *Eat Fat Get Thin* Plan is scientifically designed to reverse most chronic disease by eliminating all non-food substances that send messages of disease to your body. This way of eating is designed to eliminate cravings and food addiction and be low glycemic, anti-inflammatory, gut healing, brain boosting, and blood-sugar balancing.

It is based on the science of [Functional Medicine](#), which addresses the root causes of illness, not just the symptoms. In other words, Functional Medicine treats the whole organism – not just the organs.

## **Is There a Different Healing Diet for Each Disease?**

The good news is that there is not a separate diet for preventing and reversing *each* of the hundreds of different chronic diseases. There is one basic healthy human diet that gets to the root of *all* illness.

And, yes, there are differences between people – some need more or less of this or that, or have unique needs, or have food sensitivities. But *Eat Fat, Get Thin* is a level setter – it will help you reboot and reset, and then you can make adjustments to find out what is perfect for you.

## **One Diet, Many Diseases**

This e-book is designed to show you how to use the *Eat Fat, Get Thin* Plan to address autoimmunity, diabetes, high cholesterol, hypertension, irritable bowel syndrome, migraines and premenstrual syndrome. But the good news is that if you have ANY chronic illness, *Eat Fat, Get Thin* can have profound benefits.

*A few days away from health and happiness*

And it doesn't take long. You are just a few days away from health and happiness. This approach won't work for everyone, or work all the time, but for the 80 percent or more of people suffering with chronic disease that is caused by what they are eating – or more importantly, what they are *not* eating – this approach will provide dramatic and quick benefits.

Try it for 21 days. If you are not better, try it for 40 days. And if you are still not better, it is time to see a [Functional Medicine](#) doctor to help you get to deeper roots such as chronic infections, environmental toxins, parasites and more.

# MIGRAINES: THE PROBLEM

More than 10 million Americans have migraines, creating a burden of mostly unnecessary suffering.<sup>1</sup> These severe, nearly disabling headaches can occur anywhere from once a year to three to four times a week. They can last for hours and up to days and are often associated with an aura, light sensitivity, nausea, vomiting, and severe throbbing pain on one or both sides of the head. In some cases, migraines are even associated with stroke-like symptoms or paralysis.

The cost to society is enormous. Migraine headaches add between \$13 and \$17 billion to our health care costs each year. These costs include medications, emergency room visits, hospitalizations, physician services (primary care and specialty), laboratory and diagnostic services, and managing the side effects of treatment.

Migraines have indirect costs, too. Headache is the most frequent pain-related complaint among workers. Focusing specifically on migraine, one study found that the annual cost to employers exceeded \$14.5 billion, of which \$7.9 billion was due to absenteeism and \$5.4 billion to diminished productivity.<sup>2</sup>

You can understand, then, why migraines become a HUGE problem both to those who suffer and to society as a whole.

## The Problem with Our Approach to Migraines

Migraines are hard to treat and very difficult to prevent with conventional approaches. A host of preventive drugs – including calcium channel blockers, beta-blockers, anti-seizure medications, and [antidepressants](#) – work poorly, if at all. Most of these drugs are accompanied by frequent side effects. Some doctors are now even using Botox to paralyze neck muscles in the hopes of easing migraines.

A new class of medication called triptans (like Imitrex, Maxalt, and Zomig) can stop a migraine once it starts. Though these have made migraine sufferers handle the attacks better, they also have serious potential side effects, including strokes, and are expensive.

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1 Tepper SJ. A pivotal moment in 50 years of headache history: the first American Migraine Study. *Headache*. 2008 May;48(5):730-1; discussion 732.

2 Thomson Medstat, The Thomson Corporation, "New Data Estimate Migraine Headaches Cost U.S. Employers more than \$24 Billion Annually," Press Release, 27 June 2006, <http://www.medstat.com/news/newsdetail.aspx?id=545> (Accessed 2 August 2006).

Still other treatments can lead to addiction or dependence.

Overall, it's not a pretty picture, and for many migraine sufferers none of these treatments work very well or at all.

The problem with migraines is the same one we see so often in conventional medicine: We treat the symptoms, not the cause. We only deal with the effects of something and not the underlying [7 keys to UltraWellness](#). But by using Functional Medicine, I have been able to get nearly 100 percent of my patients migraine-free within days or weeks!

## The Real Cause of Migraines: Dozens of Migraine Patients, Dozens of Different Cures

Many of my migraine patients are doctors themselves and are often at the end of their rope. One was a physician from the Mayo Clinic, the mecca of conventional medicine.

This woman had severe, disabling migraines that made it nearly impossible for her to function at work. She depended on oxycodone (a strong morphine-like narcotic) and Zofran (a powerful anti-nausea drug used for chemotherapy patients).

She had seen every specialist at the Mayo Clinic and had traveled far and wide to other top neurology headache centers but never found relief. Unfortunately, everyone she saw focused on her headaches and not the other symptoms that held all of the clues to her problem.

Migraines are no different from any other disease. It's simply the *name* we call a set of symptoms common in groups of people. This **name** tells us nothing about the **cause** of the symptoms, which may be very different depending on the person. In fact, there may be more than 20 different causes of migraine headaches!

My job involves being a medical detective and finding these causes. I don't simply prescribe powerful symptom-suppressive drugs. Not anymore, anyway. I remember very well working in the emergency room, before my Functional Medicine days, treating all the chronic migraine patients with intravenous narcotics and nausea medication. I felt bad for them, but worse that I didn't have a way to prevent the migraines from coming back.

Now I do.

Which leads me back to the doctor who came to see me from the Mayo Clinic who suffered migraines nearly every day for years with no relief. I took a multi-faceted approach to help her.

First, I asked her a lot of questions and learned that in addition to her migraines, she suffered from many symptoms, including palpitations, severe constipation, [anxiety](#), [insomnia](#), muscle cramps, and [menstrual cramps](#).

All of these symptoms, which told me that her whole system was tight, irritable, and crampy, were connected. These symptoms are usually associated with severe [magnesium deficiency](#),<sup>3</sup> which often results from poor diet, caffeine, sugar, alcohol, and stress.

So I put her on high doses of magnesium and cleaned up her diet. Within a couple of days, she was migraine-free and never suffered another migraine.

She's not the only success story.

Another patient had disabling migraines for 45 years and could not have a social life or plan anything because she spent most of her time in bed with the lights out. She also had an allergy to eggs.

When we eliminated the eggs from her diet, her headaches disappeared. No eggs, no migraines. Three months after treatment, she felt so good she decided to have an egg and ended up in the hospital with a three-day migraine, confirming our original finding.

Another patient always had migraines before her period, along with severe [PMS](#), bloating, sugar cravings, breast tenderness, and irritability. These symptoms are all related to [hormonal imbalances](#).<sup>4</sup> She had too much estrogen and too little progesterone. Getting her hormones back in balance relieved her migraines.

And yet another patient had genetic problems with her [mitochondria](#) and energy metabolism and needed high doses of vitamin B2<sup>5</sup> and coenzyme Q10<sup>6</sup> to get relief.

Another woman who came to see me had persistent abdominal bloating after eating, which told me she had overgrowth of bacteria in her small bowel. When we cleared out these bacteria with a non-absorbed antibiotic, her migraines went away and didn't return.

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3 Sun-Edelstein C, Mauskop A. Role of magnesium in the pathogenesis and treatment of migraine. *Expert Rev Neurother*. 2009 Mar;9(3):369-79. Review.

4 Martin VT, Lipton RB. Epidemiology and biology of menstrual migraine. *Headache*. 2008 Nov-Dec;48 Suppl 3:S124-30. Review.

5 Schoenen J, Jacquy J, Lenaerts M. Effectiveness of high-dose riboflavin in migraine prophylaxis. A randomized controlled trial. *Neurology*. 1998 Feb;50(2):466-70.

6 Sándor PS, Di Clemente L, Coppola G, Saenger U, Fumal A, Magis D, Seidel L, Agosti RM, Schoenen J. Efficacy of coenzyme Q10 in migraine prophylaxis: a randomized controlled trial. *Neurology*. 2005 Feb 22;64(4):713-5.

One patient who lived on Diet Coke didn't get rid of her migraines until she gave up the [artificial sweetener](#) aspartame.

And another had [low blood sugar](#) episodes that triggered migraines. Eating small, frequent meals of whole foods stopped the headaches.

And finally, there was the woman who got headaches after exercising in the heat or with dehydration. We made sure she stayed hydrated, and her migraines were permanently eliminated.

As you can see, even though these patients all had the same symptoms, their treatment was different. Getting the full story is so important. To heal from migraines, you must locate the causes of *your* headaches and address your specific underlying issues if you want to be free of pain.

# MIGRAINES: THE SOLUTION

As I've been saying, the reasons for migraines are not all the same. You have to find the underlying cause. To help you on that journey, here are the most important causes of migraines, their associated symptoms, tests to help identify problems, and treatments you can start using today.

## *Food Allergy/Bowel and Gut Imbalances*

- **The symptoms and causes:** [Fatigue](#), [brain fog](#), bloating, [irritable bowel syndrome](#), joint or muscle pain, postnasal drip, and sinus congestion are all symptoms of food allergies or imbalances in the gut.
- **The testing:** Check an [IgG food allergy](#) panel and also check a celiac panel because [wheat](#) and [gluten](#) are among the biggest causes of headaches and migraines. Stool testing and urine testing for yeast or bacterial imbalances that come from the gut can also be helpful.
- **The treatment:** An elimination diet that gets rid of gluten, dairy, eggs, and yeast is a good way to start. Corn can also be a common problem. Getting the gut healthy with enzymes, probiotics, and [omega-3](#) fats is also important.

## *Chemical Triggers*

- **The symptoms and causes:** Sluggishness, depression, chronic fatigue. A processed-food diet including aspartame, MSG (monosodium glutamate), nitrates (in deli meats), and sulfates (found in wine, dried fruit, and food from salad bars). Tyramine-containing foods like chocolate and cheese are also triggers.
- **The testing:** Eliminate the above foods from your diet. Aspartame, MSG and nitrates should be eliminated permanently. However, you can re-introduce sulfates, chocolate and cheese after 21 days of elimination to find out if they trigger migraines.
- **The causes:** A processed-food diet including [aspartame](#), MSG (monosodium glutamate), nitrates (in deli meats), and sulfites (found in wine, dried fruit, and food from salad bars). Tyramine-containing foods like chocolate and cheese are also triggers.
- **The treatment:** Get rid of additives, sweeteners, sulfites, and processed food. Eat a diet rich in whole foods and [phytonutrients](#).

## *Hormonal Imbalances*

- **The symptoms and causes:** [Premenstrual syndrome](#) with bloating, fluid retention, cravings, irritability, breast tenderness, menstrual cramps; use of an oral contraceptive pill or hormone replacement therapy; or even just being premenopausal, which leads to too much estrogen and not enough progesterone because of changes in ovulation.
- **The testing:** Blood or saliva hormone testing looks for menopausal changes or too much estrogen.
- **The treatment:** Eat a whole-foods, low-glycemic-load, high-phytonutrient diet with flax, [soy](#), and cruciferous vegetables. Use herbs such as Vitex, along with [magnesium](#) and B6. Avoid alcohol, caffeine, sugar, and refined carbohydrates. Exercise and [stress reduction](#) also help.

## *Magnesium Deficiency*

- **The symptoms and causes:** Anything that feels tight or crampy like headaches, constipation, anxiety, insomnia, irritability, sensitivity to loud noises, muscle cramps or twitching and palpitations are all linked to magnesium deficiency.
- **The testing:** Check red blood cell magnesium levels. Even this can be normal in the face of total body deficiency, so treatment with magnesium, based on the symptoms, is the first choice.
- **The treatment:** [Magnesium](#) glycinate, citrate, or aspartate in doses that relieve symptoms or until you get loose bowels. If you have kidney disease of any kind, do this only with a doctor's supervision.

## *Mitochondrial Imbalances*

- **The symptoms and causes:** Fatigue, muscle aching, and brain fog can all be symptoms of a [mitochondrial](#) imbalances. However, sometimes the only symptom can be migraines.
- **The testing:** Checking urinary organic acids can be helpful to assess the function of the mitochondria and energy production.
- **The treatment:** Taking 400 mg of riboflavin (B2) twice a day, and 100 to 400 mg a day of coenzyme Q10 can be helpful, as can other treatments to support the [mitochondria](#).

These are the most common causes, but other root causes of migraines include vitamin B deficiency and imbalances in melatonin (1 or 2 milligrams at night have been shown to help relieve migraines).

Keep in mind that sometimes a combination of treatments is necessary. Other treatments can be helpful in selected cases, such as herbal therapies (like feverfew and butterbur), acupuncture, homeopathy, massage, and osteopathic treatment to fix structural problems.

# WHAT TO EAT

## General Dietary Recommendations to Reduce Migraines

Eating a clean diet is one of the best ways to heal the body AND to figure out what foods might be triggering your migraines. When you do the *Eat Fat, Get Thin* 21-Day Plan, you will automatically eliminate those allergies and sensitivities and be able to see how your body reacts.

The first step in tackling migraines is to eat a healthy diet. Increase your consumption of whole foods rich in phytonutrients, plant molecules that give your body the nutrients it needs.

Here are some very practical tips you'll see in *Eat Fat, Get Thin*:

- **Pull the sugar.** A diet full of empty calories and quickly absorbed sugar, liquid sugar calories, and refined carbohydrates – all of which convert to sugar – creates high insulin levels, eventually leading to insulin resistance and type 2 diabetes. Chronically high insulin levels lead to many problems, including inflammation, high blood pressure, poor sex drive, increased risk for cancer, and depression. The most important thing you can do to reduce your risk of type 2 diabetes and obesity or reverse its impact is to eliminate or dramatically reduce sugar in all its many disguises.
- **Eat Fat:** Use ONLY good, healthy fats and clean (grass-fed or sustainably raised) animal foods. You should include fat at each meal. The best sources are avocados, extra-virgin olive oil, nuts and seeds, extra-virgin coconut butter, organic full-fat coconut milk, whole organic eggs, fatty fish ( sardines, wild salmon, mackerel or herring), grass-fed lamb, bison, or beef or organic poultry.
- **Stock up on real foods.** Whole, unprocessed real foods balance your blood sugar, reduce inflammation and oxidative stress, and improve your liver detoxification to prevent or reverse insulin resistance and diabetes. Whole, real foods turn on all the right gene messages, promote a healthy metabolism, reverse insulin resistance and diabetes, and prevent aging and age-related diseases like diabetes and heart disease.
- **Eat about 4 to 6 ounces of protein with each meal.** If you make a fist, that's approximately portion size we're talking about per meal.

- **Avoid all gluten and dairy.**
- **Avoid all processed junk food**, including sodas, juices, and diet drinks, which impact sugar and lipid metabolism. Liquid sugar calories are the biggest contributors to obesity and diabetes and heart disease.
- **Eliminate all hydrogenated fat**, which is found in margarine, shortening, and processed oils, as well as many baked goods and processed foods.
- **Eat only fat, protein, and veggies for breakfast.** You can choose from a variety of protein shakes or delicious egg recipes (omega-3 eggs are ideal) to wake up your metabolism first thing in the morning.
- **Include flaxseeds** by adding two to four tablespoons of ground flaxseeds to your food every day. (This can also lower cholesterol by 18 percent and contribute to overall cardiovascular health.) Flax is tasty in shakes or sprinkled on salads or whole-grain cereal.
- **Avoid beans and grains:** Both can spike your blood sugar.
- **Drink a minimum of 8 glasses** of pure, clean water throughout the day.
- **Eat the rainbow.** Eat at least 8 to 10 servings of vegetables every day, which contain disease-fighting vitamins, minerals, fiber, phytonutrients, antioxidants, and anti-inflammatory molecules.
- **Use salt**, because when you cut down carbs your body needs more salt.
- **Try not to eat three hours before bed.**

## The 21-Day Meal Plan

Eating a clean diet is one of the best ways to heal the body AND to figure out what foods might be triggering your diabetes. When you do the Eat Fat, Get Thin 21-Day Plan you will automatically eliminate those allergies and sensitivities and be able to see how your body reacts.

Here is your step-by-step, delicious meal plan for 1 week of the *Eat Fat, Get Thin* 21-Day Plan . All recipes can be found in my new book *Eat Fat, Get Thin*, and we have noted those options that work for vegan readers - just look for the [V]

# WEEK 1

	Breakfast	Lunch	Dinner
<b>Monday</b>	Cocoa Bliss Smoothie  V	Chicken Chop Salad with Hearts of Palm and Creamy Herb Dressing	Crispy Seared Duck Breast with Blueberry Balsamic Sauce]  Side: Asparagus
<b>Tuesday</b>	Broccoli Sausage Frittata]	Quick Chicken Breast with Spanish Romesco Sauce	Braised Chicken with Creamy Cashew Gravy  Side: Brussels sprouts
<b>Wednesday</b>	Ginger Spice Smoothie  V	Basic Salad with Vinaigrette Dressing  V	Spiced Lamb and Vegetable Shepherd's Pie  Side: Green beans
<b>Thursday</b>	Quick Herb and Avocado Omelet	Poached Chicken Breast	Clam Chowder  Side: Broccoli
<b>Friday</b>	Kiwi-Lime Smoothie  V	Bistro Flank Steak Salad with Baby Green Beans	Sun-Dried Tomato and Turkey Burgers with Avocado Cream  Side: Broccolini
<b>Saturday</b>	Triple Green Smoothie  V	Turkey Lettuce Wraps with Creamy Cashew Lime Dressing	Spiced Beef Taco Wraps with Guacamole  Side: Snap peas
<b>Sunday</b>	Almond Pancakes with Berries	Beef and Veggie Stuffed Peppers	Lemon-Dill Shrimp and Avocado Salad  Side: Zucchini

## The *Eat Fat, Get Thin* Staples List

Below is a list of all the staple items you will need for the *Eat Fat, Get Thin* 21-Day Plan, as well as a list of the ingredients you will need for the Week 1 meal plan provided above.

- Extra-virgin olive oil
- Extra-virgin coconut oil
- Other healthy oils, such as walnut, sesame, flax, or avocado
- Grass-fed butter or ghee
- Nut butters (raw, if possible), such as almond, cashew, coconut
- Nuts, such as walnuts, almonds, pecans, cashews
- Seeds, like hemp, chia, flax, pumpkin, and sesame
- Tahini (sesame seed paste)
- Unsweetened canned full-fat coconut milk
- Unsweetened hemp milk, almond milk, coconut milk
- Canned or jarred Kalamata olives
- Frozen blueberries, raspberries, blackberries, unsweetened acai berry puree
- Almond meal
- Arrowroot
- Apple cider, Balsamic, unseasoned rice, red wine, white wine vinegars
- Reduced-sodium, gluten-free tamari
- Reduced-sodium broth (vegetable or chicken)
- Dijon mustard (look for pure mustard without sugar or chemicals)
- Sea salt
- Freshly ground black pepper
- Capers
- Seasonings and dried spices, such as turmeric, cayenne pepper, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon, coriander, cilantro, paprika, and parsley

# Shopping List for Week 1

## Vegetables:

You can eat an unlimited amount of non-starchy vegetables, such as these:

- Cauliflower (2 heads)
- Asparagus (1 bundle)
- Leeks (3 small)
- Shallots (2 small)
- Zucchini (3 small)
- Broccolini (1 bundle)
- Red bell peppers (5)
- Snap peas (½ pound)
- Broccoli (2 heads)
- Avocado (8)
- Green beans (12 ounces)
- Spinach (1 pound)
- Scallions (7)
- Grape tomatoes (½ pint)
- Roma tomatoes (7)
- Celery (10 stalks)
- Kale (1 bunch)
- Red onion (1)
- Yellow onions (4)
- Baby field greens (1 pound)
- Butter lettuce (2 heads)
- Red cabbage (1 head)
- Brussels sprouts (2 pounds)

*Great resources:* Local farmer's markets, Cascadian Farm, Earthbound Farm, Maine Coast Sea Vegetables, Miracle Noodle, Stahlbush Island Farms.

## **Fruits:**

Choose organic, seasonal, local produce whenever possible. (Sometimes organic fruits and vegetables are best purchased frozen during winter months.)

- Fresh Blueberries (2 pints)
- Kiwi (2)
- Limes (8)
- Lemons (4)

## **Non-Dairy Milks:**

- Almond Milk (1 32-ounce carton)
- Coconut Milk (4 13-ounce cans)
- Cashew Milk (1 32-ounce carton)

## **Butter and Oils:**

- Grass-fed butter
- Extra-virgin olive oil
- Extra-virgin coconut oil
- Avocado oil (small bottle)

## **Poultry, Meat, Fish, Eggs:**

Look for organic, grass- or range-fed, antibiotic- and hormone-free poultry and eggs.

- Chicken breasts (5 ½ pounds)
- Fresh small clams (4 pounds)
- Omega-3 eggs (1 ½ dozen)
- Italian chicken sausage (2 links)
- Flank steak (1 ½ pounds)
- Ground dark turkey meat (2 ¼ pounds)
- Grass-fed beef (2 ½ pounds)
- Ground lamb (1 pound)
- Duck breasts (4 6-ounce breasts)
- Bay shrimp (1 ¼ pounds)

*Great resources:* Applegate Farms, Peaceful Pastures, Whole Foods Market, local farmers'

markets, Crown Prince Natural, Ecofish, SeaBear, Vital Choice Seafood

### **Fresh Herbs:**

- Parsley (1 bunch)
- Cilantro (1 bunch)
- Ginger (1 3-inch piece)
- Basil (1 bunch)
- Dill (1 bunch)
- Thyme (2 bunches)

### **Spices, Dried Herbs, Condiments:**

Choose from any of the following to enhance your recipes and taste experience (watch out for added chemicals, sugars, MSG, and hidden sources of gluten or dairy):

- Garlic (5 heads)
- Nutmeg
- Red pepper flakes
- Bay leaves
- Saffron
- Chipotle powder
- Organic mayonnaise
- Tarragon
- Red pepper
- Cayenne pepper

*Great Resources:* Flavorganics, Frontier Natural Products Co-Op, Penzey's Spices, Rapunzel Pure Organics, Seeds of Change, Simply Organic, The Spice Hunter

### **Canned Foods:**

- Diced tomatoes (2 cans)
- Hearts of palm (1 can)
- Roasted red bell peppers (1 8-ounce jar)
- Sun-dried tomatoes (1 8-ounce jar)
- Clam broth (16 ounces)

## Other:

- Unsweetened cocoa powder
- No-alcohol pure vanilla extract
- Coconut flour
- Baking soda
- Duck fat (1 pound)
- Silken tofu (4 ounces)

# WHAT TO TAKE: SUPPLEMENTS

Supplements are important. Along with a [healthy diet](#) and exercise program, they can dramatically reduce your risk for migraines. Here are the supplements I have found most useful in my practice to treat migraines:

- [PhytoMulti by Metagenics](#) multivitamin (Two tablets a day with food)
- [OmegaGenics EPA-DHA 720](#) fish oil (Twice a day with food)
- [PGX](#) (3-6 capsules or 2.5 to 5 grams of powder before each meal with a cold glass of water)
- [Magnesium](#) Take 300 to 600 milligrams twice a day in the form of magnesium glycinate or citrate.
- [Riboflavin or vitamin B2](#) 400 milligrams a day. It will turn your urine a dark yellow, but don't worry about it.

# WHAT TO DO: OTHER LIFESTYLE FACTORS

## Exercise

Getting regular exercise can be especially beneficial if you have migraines that are linked to hormone imbalances.

I encourage 30 to 45 minutes of cardiovascular exercise at least six times a week.

You may try interval training if you are feeling stronger. I also encourage strength training to build muscle and reduce body fat composition.

## Reduce Stress

Stress alone can cause many chronic diseases. Take a migraine for example. Stress often triggers a cascade of events like tension, lack of breath or high blood pressure which in turn can trigger a migraine.

Finding ways to manage stress and to relax is essential for dealing with nearly all chronic health conditions, including migraines..

Learn to reduce stress by doing regular relaxation exercises such as yoga, tai chi, meditation, breathing, guided imagery, or whatever it takes to engage the relaxation nervous system, which can lower your inflammation and blood sugar levels as well as increase metabolism and [help with your overall health](#). Try classes, buy CDs (you can try [my UltraCalm audio program](#)), try therapy, or just go out and have fun. Do whatever it takes to hit the pause button on a daily basis and maintain your health.

## Sleep

I used to think that “MD” stood for “medical deity” and meant I didn’t have to follow the

same sleep rules as every other human being. I stayed up late working long shifts in the emergency room, ignoring the demands of my body. It wasn't until I learned that shift work leads to a shortened life expectancy that I quit.

Unfortunately, our lives are infiltrated with constant stimuli that keep us revved up until the moment we go to bed. It's no wonder so many of us have trouble getting restful sleep.

Instead of pushing through until your head hits the pillow, try to take a little "holiday" in the two hours before bed. Create a sleep ritual – a special set of little things you do before bed – in order to guide your body into a deep, healing sleep.

Here are some tips on how to restore your natural sleep rhythm. It may take weeks or months, but using these tools in a coordinated way will eventually reset your biological rhythms:

- **Practice the regular rhythms of sleep.** Go to bed and wake up at the same time each day.
- **Use your bed for sleep and romance only,** not for television or even reading.
- **Create an aesthetic environment that encourages sleep.** Use serene and restful colors and eliminate clutter and distraction.
- **Create total darkness and quiet.** Consider using eyeshades and earplugs.
- **Avoid caffeine.**
- **Avoid alcohol.** It may help you get to sleep initially, but it causes interruptions throughout the night, resulting in poor-quality sleep.
- **Get at least 20 minutes exposure to daylight daily.** The light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging.
- **Eat no later than three hours before bed.** Eating a heavy meal prior to bed will lead to a bad night's sleep.
- **Don't exercise vigorously after dinner.** It excites the body and makes it more difficult to get to sleep.
- **Write your worries down.** One hour before bed, write down the things that are causing you [anxiety](#) and make your to-do list for the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep.
- **Take a hot salt/soda aromatherapy bath.** Raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and psychically. By adding 1 to 1 ½ cups Epsom salt (magnesium sulfate) and 1 to 1 ½ cups baking soda (sodium bicarbonate) to your bath, you

will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep.

- **Get a massage or stretch before bed.** This helps relax the body, making it easier to fall asleep.
- **Warm your middle.** This raises your core temperature and helps trigger the proper chemistry for sleep. A hot-water bottle, heating pad – or a warm body – can do the trick.
- **Avoid medications that interfere with sleep.** These include sedatives (which are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms), antihistamines, stimulants, cold medication, steroids, and headache medication that contains caffeine.
- **Use herbal therapies.** Try 200 mg of passionflower, or 320 mg to 480 mg of valerian root extract standardized to 0.2 percent valerenic acid one hour before bed.
- **Take 200 mg to 400 mg of [magnesium](#) citrate or glycinate before bed.** This relaxes the nervous system and muscles.
- **Other supplements and herbs can be helpful in getting some shuteye.** Try calcium, theanine (an amino acid from green tea), GABA, 5-HTP, and magnolia. (I like a product called Kavinace UltraPM that has a form of GABA, melatonin, and 5-HTP all in one. It works well for many of my patients.)
- **Try 1 mg to 3 mg of [melatonin](#) at night,** which can help stabilize your sleep rhythms.
- **Get a relaxation, meditation or guided imagery CD.** Any of these may help you get to sleep

# CONCLUSION

We have the science, the understanding and the tools to deal with this chronic problem. There is no need to wait for any more studies. I have been treating migraine sufferers in my practice for over 15 years with dramatic success.

In fact, just recently, one of my patients told me that for the first time in her life she no longer suffered from migraines. It had previously been so bad that she had to call in sick from work a couple of times a month!

By taking these steps and seeking out the underlying causes of migraines, you can dramatically improve your health.

If you are willing to tweak your diet and lifestyle and take a few supplements, your health may change dramatically – and so will your life.

If you have tried the *Eat Fat, Get Thin* 21-Day Plan for up to 40 days and are still not completely better, then you should seek out a Functional Medicine practitioner. You can come see me or one of my Functional Medicine doctors at [The UltraWellness Center](#) or at the [Cleveland Clinic Center for Functional Medicine](#), where we treat people from all over the world. You can also find a trained practitioner near you through the [Institute for Functional Medicine](#).

The answers are right in front of you. Treat the underlying causes of your illness, and you will begin to experience vibrant health once more.