



SO YOU HAVE MIGRAINE HEADACHES?

THERE ARE TREATMENT ALTERNATIVES...

A typical migraine headache - one that is usually on one side of the head-at the "temple", often includes nausea, vomiting, cold hands and feet, and an intense pounding or throbbing sensation, that easily matches the worst symptoms the patient can have. Many patients seclude themselves in a darkened room, out of light or sound exposure, The headache may often last as much as 72 hours, and the aftermath-perhaps a day or two- is also debilitating, with fatigue, depression, irritability, sleepiness, as well as salt and sugar cravings. Craving salt and sugar is an important clue, since migraines can easily be triggered with low blood sugar attacks, and adrenal gland stresses. (See hypoglycemia in this text.)

Most of the migraine victims are women, many have a preceding "***aura***" prior to the onset of debilitating pain, and this early warning sign itself is very distressing. The patient then anticipates the oncoming deluge of sickening head pain and nausea. It is often called a "***sick headache***."

The aura consists of light flashes or jagged and often colored "designs" in their visual field, usually on one side of their head. When the ordeal is over, the common result is a feeling that they have a "hangover," and still require time to return to normal activities.

There are likely to be many different **causes** of this condition and there are certainly many different "triggering mechanisms" that bring on the

attack of a migraine headache. Allergic reactions to dietary indiscretions are well known to bring on such a headache. Emotional and stressful episodes may do likewise. Fatigue, physical injuries and certainly pre-menstrual hormone fluctuations in women are well-established “triggers” to migraine.

Women outnumber men in having migraine headaches, by about 4 to 1. Since the author has correlated a failure of properly using the mineral copper with this condition, and since copper is necessary for the use of the female hormone estrogen, it is not surprising that women outnumber men with this condition. In fact, clinical experience suggests that the vast majority of migraine sufferers do indeed have problems of a toxic level of copper in their bodies. Relieving this **chemical** burden on the patient has proven to relieve a large number of long-term headache sufferers. Correcting this commonly found, copper burden, will be one of two major thrusts of our treatment recommendations.

The second consideration-after the copper concerns-and certainly no less important, is the realization that nerve irritation or pressure in the cervical spine or neck is classically a major cause of headaches of all kinds, *inclusive of migraine types*. The thousands of chiropractic physicians and their patients, in this country, will positively agree that migraine headaches are commonly relieved quite effectively by the simple expedient of the chiropractic spinal adjustment. Appropriate chiropractic care, if nothing else, promises a greater chance of correction of the ailment, than anything else that you may consider doing for your health.

We would first urge that you seek chiropractic spinal adjustments if you suffer from migraines or any other type of headaches. Remember also, that a series of these spinal adjustments may be necessary.

Addressing the copper connection is somewhat more involved, in addition to the spinal adjustment. The mineral copper is found in a very small quantity in the body, and the amount is measured in milligrams.(mg) For comparison, calcium, is estimated to be found in the body at a level of about 1½ pounds, whereas copper approximates 1.5 milligrams. The total amount of copper in the average human body is less than 1/50th of a penny!

Even though copper is a trace mineral-just traces are needed or found-its function is indeed critical. Insufficient copper has been shown to be associated with heart problems, spinal curvatures, blood vessel weakness, aneurysms (ballooning of arteries) insomnia, some ADD-H, anorexia, and it even has been implicated in mental illness. (Pfeiffer) Patients with obsessive/compulsive tendencies or clinical depression frequently display laboratory evidence of copper abnormalities.

Copper is a critical mineral for the use of the female hormone estrogen. Any estrogen therapy tends to raise copper in the bloodstream, and in fact, taking the birth control pill will also elevate the amount of copper in the blood. This hormone does not bring new copper factors into the body, but elevates copper that is normally hidden or sequestered in the system. This elevation occurs whenever estrogen is elevated, whether by normal ovulation cycles or use of the Birth Control Pill. (Pfeiffer, et. al.)

As noted above, women who suffer with migraine headaches commonly experience these headaches about the time of ovulation or during pre-menstrual times. It is at this time that copper levels are the highest, and when the mineral is not properly “*handled,*” it tends to irritate nerves in the brain, may cause blood vessel narrowing, and may trigger the onset of a typical migraine headache. The need for copper that can be used pre-menstrually, is the primary reason for many women craving chocolate, avocados and nuts. Copper is usually very plentiful in these foods. The connection between copper and estrogen constitutes the best reason more women have migraines than men.

Eighty-five percent (85%) of un-usable copper must be eliminated through the gallbladder, and may often cause inflammation of that organ, resulting in it’s surgical removal. That may also explain why more women than men have gall bladder surgery.

It has been said that copper “must be carried through the body in the same way that we carry money to a bank-in an armored car.” All minerals

must be carried in the bloodstream combined with an “amino acid” or protein molecule. Since copper is such a “volatile” mineral, compared to the mineral calcium that tends to slow down actions in the body, copper that is not properly combined or “bound” to a protein molecule tends to wreak havoc with the nerves in the system. Tightening or “constricting” blood vessels may result. The mechanism for most migraines is now in place.

In order to properly “handle” the mineral copper, strongly functioning adrenal glands must be available for the patient’s use. The adrenal glands sit upon the kidneys, and produce many hormones including steroids such as cortisone. Adrenal glands that are functioning poorly in the patient’s system, allow much of the body’s copper to be “unbound in that armored car,” and capable of causing the pain of migraine headaches.

If you have a copper “problem,” you may experience some or all of these symptoms, signs or conditions:

estrogen imbalance (women)	anorexia, bulimia	failure to thrive	depression	acne
shin splints	allergies	hyperactivity	inflammations	fears
headaches(migraines)	senility	inflammation	joint pain	cellulite
insomnia	mind “racing”	fractures	mood swings	infections
ADD-H	PMS	“spaciness”	lead toxicity	anxiety
agoraphobia	osteoporosis/arthritis	cystic fibrosis	diabetes mellitus	schizophrenia
prostate problems in males	obsessive/compulsive	fibromyalgia	depressed immune system	

Further therapy is designed to solve this problem of copper causing migraine headaches, and strengthening your immune system and adrenal glands.

It is potentially harmful to take copper or attempt to regulate the use and intake of copper without competent guidance. To that end, the most effective assessment of your body’s need for copper, or toxicity to copper, is to obtain a hair mineral analysis.

THE MIGRAINE TREATMENT PLAN...

REQUIRED

SPINAL ADJUSTMENTS TO RELIEVE “PINCHED OR IMPAIRED NERVES” IN THE NECK

We strongly urge you seek out a local chiropractic physician, discuss your situation, and adhere to this care provider’s recommendation. Ordinary chiropractic spinal adjustments alone, commonly resolve migraine and other type headaches. Please be aware, that others in your life, including your regular medical physician, may attempt to discourage you from seeking this kind of care. Their intentions may be sincere, but they are likely mis-informed. There are rarely any reasons for not having spinal adjustments, and any potential side effect is extremely rare, compared to the side effects so common with medicine and surgery.

Grant your chiropractic doctor a necessary time period, perhaps involving months of adjustments. It may pay dividends of improved health and relief of migraines. **Spinal adjustments are critical in the treatment of migraines. Give your chiropractic doctors significant time for maximum results.**

Ask your chosen health practitioner if you should consider these other treatments.

Obtain a product called "**Liquid Homeopathic Adrenal Support.**" Your doctor can provide this product for you, or most health food stores carry it as well. The specific company name is **Natra-bio.** You take this product from an eye dropper, under your tongue for 30 seconds, 2 or 3 times per day, with about 4 hours in between. After 30 seconds, you may swallow the product or spit it out. It is designed to "**put the adrenal glands to sleep**" for 4 hours. This will aid the recovery of the exhausted gland, and can markedly aid your recovery. If you take the dosage before bedtime, it may keep you awake all night. Generally use it in the morning, afternoon and when unusually fatigued.

Adrenal gland fatigue is a very common problem in this country today, and just as commonly overlooked by physicians. Most medical physicians consider high blood pressure as the only problem of concern. Low blood pressure varies from patient to patient, but the common opinion that the lower your pressure is, the better it is for your health, *is not true.* If you have problems with your **adrenal glands**, here are other symptoms you may experience.

A checklist of signs and symptoms suggestive of poor adrenal gland function.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | If you are a man, do you have any hair on your chest? No hair on your chest, often suggests that your adrenal glands are functioning below par. Certain ethnic peoples have varying hair distribution, so that does not always apply. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have brown pigmented spots on the backs of your hands, side of your face, or other parts of the body? These are common indicators of poor adrenal gland function. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have hair on the outside of your legs? No less an authority than Hans Selye, M.D., suggests no hair on the outside of your legs, means that you have weak adrenal glands. And you thought your pant legs wore off that hair. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have low blood pressure? Less than about 110/80? Poorly functioning adrenal glands cause low blood pressure. So low in fact, that when some people stand up quickly, they may get dizzy and fall over. |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a big-salt-eating fan and crave salty foods? That is a classic reaction to poor adrenal glands. Would you believe some patients may put salt on pretzels and bacon to help support their sagging adrenal glands? Pickles and olives also are common foods craved by these people. |
| <input type="checkbox"/> | <input type="checkbox"/> | Does cold weather bother you, or cold water pools? Hot weather is tough on some of these people as well, but heat is far better than cold. That is why moving to the American Southwest-warmer climate- helps so many <i>allergy</i> patients... and arthritics! |
| <input type="checkbox"/> | <input type="checkbox"/> | Does stress really bother you? People with poor adrenal gland function have difficulty with stress and are commonly mild-mannered. They are also generally very intelligent. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get the flu often? Patients with weak adrenal glands get the flu often, and colds, and of course are subject to allergies. Rheumatoid arthritis or fibromyalgia is also common. |

- Would you describe yourself as experiencing chronic fatigue, depression, emotional instability; would you rather eat sugar and chocolate than any other foods. Is pasta important on your diet? Anything that is quickly digested, is desired, because of a need for quick energy.
- Do you sleep ten hours and need two more, and that doesn't help much either?
- Have you been told you have low blood sugar or "functional hypoglycemia" and suffer with headaches?

THE CASTOR OIL PACK

The use of the "Castor Oil Pack" is helpful in most health problems. It is easy to use, comfortable, and without side-effects. It should be used at about the same time on each day of usage and is often most convenient to use it at bedtime. The "pack" is used to aid the lymphatic system in the body, to detoxify the liver, aid the bowels in elimination of toxins, and strengthen the immune system. It has been particularly helpful to those people who will use it diligently and with a healing attitude.

If you wish to learn more about this remarkable health-aid, you may order a textbook by Wm. McGarey, M.D., entitled "**The Oil That Heals.**" Many health food stores carry this book, or you may order it from AMAZON.COM

Here is how you use the Castor Oil Pack:

You should purchase castor oil and a piece of flannel, (wool flannel is preferred). Many health food stores stock the actual castor oil pack, along with the oil. Castor oil that you buy locally should be unadulterated - no coloring agents, deodorants, etc. Your best bet and highly recommended, is to purchase *Organic Castor Oil* from **www.IodineSource.com, 1 (407) 965-9903** Many castor oil products contain pesticides, and are less effective. This company can also supply the actual oil pack as well.

The pack is used over and over, just adding oil each time it is used. It should be large enough to be folded several times to about 1 foot by 1 foot square. It should only be used by you.

1. Simply pour a liberal amount of Organic Castor Oil onto the flannel, saturating it thoroughly.
2. Place this wet cloth (several folds to about 1 foot square) on your right abdomen, below the ribs, extending out to the navel (belly button) and down to the right front hip bone, while reclining.
3. A **water proof heating pad** is then placed on the pack, as warm as you can tolerate. Be very careful not to burn the skin. If there is a known inflammation occurring in your abdomen, do not use a heating pad, **and be especially careful with children.**
4. Lay a towel over the heating pad (plastic in between the towel and the heating pad if you wish).
5. Maintain the pack and heating pad over the covered area for 1 hour, and do so three (3) days in a row, per week. Plan on several months using the pack, at a minimum, for the best results.
6. After three (3) days using the "pack," take one (1) teaspoonful of olive oil by mouth. It is more tolerable in cold tomato juice. Adults may take as much as ½ cup of this, but gall bladder problems sometimes flare-up. Check with this doctor!

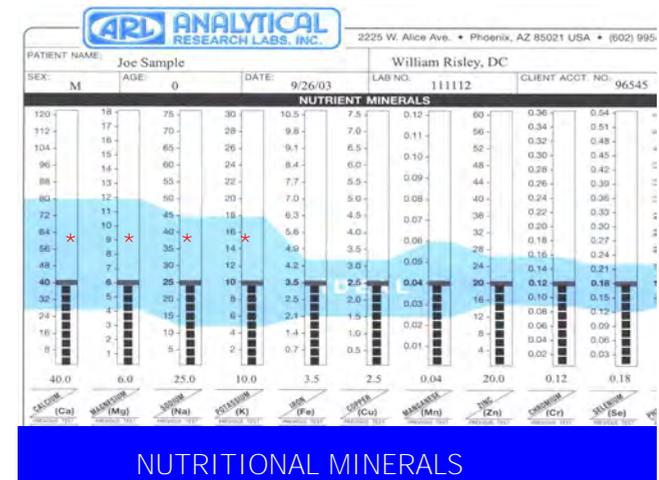


HAIR MINERAL ANALYSIS

One of the most effective, non-invasive tests, to assess your health is a mineral analysis of your hair. Head hair is preferred, but bleached hair is not acceptable until enough new growth is available. A "hair analysis" is non-invasive, does not hurt, is inexpensive, and provides an accurate picture of nutritional minerals in your body as well as toxic or poisonous minerals such as lead, mercury, arsenic, cadmium, aluminum, etc. The analysis can be very revealing and helpful in regaining your health.

You must obtain this test through a licensed physician. Ask your chosen health practitioner to procure the necessary materials to perform this important test. A specialist in alternative healing is your best possible choice, including chiropractic and naturopathic physicians. You must insist that he/she obtain your test from only one laboratory. Many laboratories treat the hair with an extensive "pre-wash," and this has been shown to seriously affect certain nutritional minerals, such as magnesium, calcium, sodium and potassium. A test by any other laboratory will be of little or no value **IN THIS TREATMENT PROGRAM**, and specific nutritional recommendations will not be provided. The recommended laboratory is:

Analytical Research Laboratories
P.O. BOX 37964
Phoenix, Arizona 85069-7964



COLON IRRIGATIONS

Another option in cleansing/detoxifying your body, especially if your hair analysis reveals toxic metals, is to have a number of colon irrigations. Colonics, as they are called, are painless, comforting, and when done by a professional are discreet and non-embarrassing. The benefit of the procedure outweighs any other concerns you may have.

Colon irrigations or colonics, are many times more effective than enemas, and are designed to cleanse the colon, and aid in detoxifying the body. They are very effective, as an adjunct when used during the times you are using the castor oil pack. They can result in many improvements in your well-being and general health. It is suggested to get at least two to four per month for a period of six months.

More frequent colonics may be recommended by the therapist. Ask your colonic technician to add ½ teaspoon of table salt and ½ teaspoon of baking soda to the final rinse water. You should order Glyco-thymoline from www.IodineSource.com. Some pharmacies and health food stores carry this product as well.

Have the colonic irrigation technician add 1 tablespoon in the final rinse water of your colonic. Adding salt and baking soda tends to prevent reabsorption of toxins in the colon. Glycothymoline is helpful as an intestinal antiseptic.

RECOMMENDED OPTION

Obtain the herbal products **“feverfew and butterbur.”** Both products are known to be helpful in migraine headache problems. Your doctor can obtain the products for you or most health food stores carry them as well.

Have your chosen health practitioner order a product called **“Camphor roll-on,”** from www.IodineSource.com listed above. Rubbing a small amount of this liquid product on the area of head pain, commonly relieves the headache.

THE APPLE DIET

As a secondary option, in addition to the Castor Oil Pack, you may wish to follow the “apple diet” for three days. Apples are very high in a substance called pectin, and pectin has been shown to eliminate excess metals/minerals such as copper from the body. The diet is simple and requires eating only apples of any variety, with water to drink as needed, for three days. It is not uncommon to lose several pounds in the process. You should follow this diet by taking a **teaspoonful** of olive oil orally, or in juice (such as tomato), after the third day. You should use this dietary approach occasionally over the possible months of treatment. **Eliminating toxins, such as copper, may cause depression or other symptoms. This is a good sign, although uncomfortable for a couple of days.** Normal cautions should be taken with diabetics and their blood sugar who use the apple diet as well as those who may have a colitis condition or hemorrhoids, since apples may temporarily irritate those parts of the body.



Migraine headache sufferers commonly have “low blood sugar” or hypoglycemia.

SYMPTOM CHECKLIST FOR LOW BLOOD SUGAR (Functional Hypoglycemia)

If your child does not eat for several hours, or all day, will he/she have/be:

- | Yes | No | |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | A headache? |
| <input type="checkbox"/> | <input type="checkbox"/> | Depression? |
| <input type="checkbox"/> | <input type="checkbox"/> | Really tired? |
| <input type="checkbox"/> | <input type="checkbox"/> | Irritability? |
| <input type="checkbox"/> | <input type="checkbox"/> | Nervousness? |

Will any of those symptoms go away when they eat?

- | Yes | No | |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | A headache? |
| <input type="checkbox"/> | <input type="checkbox"/> | Depression? |
| <input type="checkbox"/> | <input type="checkbox"/> | Really tired? |
| <input type="checkbox"/> | <input type="checkbox"/> | Irritability? |

- Nervousness?
- Does he/she have migraines or any kind of headaches?
- Will his/her headache sometimes go away after eating?
- Do he/she/you often wake up with a headache?
- Do they crave sugar and suffer from some anxiety until they eat some??
- Do they have asthma, emphysema, rheumatoid arthritis, low blood pressure, allergies, ulcers or insomnia?
(These conditions, and many others are commonly made worse by low blood sugar "attacks.")
- Is he/she depressed frequently? Have panic attacks or anxiety? Temper tantrums?
- Do they crave and drink lots of sodas throughout the day?
- Do they often experience insomnia or awaken at 2:30 AM without good reason? (Not just the bathroom urge).
- Do they have dizzy spells?
- If they overdo with sweets, will they get a headache later the same day, or the next day?

Some physicians still labor under the assumption that eating sugar is the correct course when treating this condition. Nothing could be more **incorrect**. Even honey will tax the glucose handling mechanism of the hypoglycemic. Elimination of as much sugar as is possible from the diet along with most fruit or certainly fruit juices, is a beginning early step in attacking this condition.

Blood tests by way of a 5 to 6 hour glucose tolerance test (GTT) can be a definitive aid in diagnosing the condition. A **Glucose Tolerance Test** is done by having the patient drink a measured amount of glucose (sugar), then checking the level of blood sugar each hour for 5 or 6 hours. Checking the level each 15 minutes is more accurate, as blood sugar "swings" occur very rapidly for some patients, and hourly tests may miss critical indicators. Six hour tests also may show a blood sugar "drop," but many labs do not wish to test the 6th hour. They will then miss this blood sugar "drop" and may provide incomplete information to your physician.

Expertise in interpretation of the results as well as implementing the test itself, are critical and frequently neglected factors. A properly run "hair analysis" as recommended in this text, will also tell you if you have the condition, and the Glucose Tolerance Test is a trauma to anyone, not to mention a child with this condition.

There are two major situations that can cause the typical low blood sugar "drop" in one's blood stream.

1. Not eating at regular meal times, i.e., going without food for more than 3 or 4 hours at a time,
2. Eating something that is especially sweet, such as the forbidden fruit as mentioned, as well as candy, ice cream, chocolate, and sugar of any kind or description.

Excessive use of caffeinated coffee, teas and smoking (adults) can hinder blood sugar stability. Minimal amounts are acceptable, but if you find yourself unable to "get going" in the morning without several cups of caffeinated coffee or tea, you need to stick closely to this program and cut down on those drinks. These are not often used by children of course.

The brain and body's cells need this glucose/sugar for energy production. When this sugar is not available to each cell, many symptoms, minor or severe, may appear. Actual mental illness can result in extreme cases. Eating food at this time usually resolves the difficulty, and the patients' symptoms abate. You should avoid eating any food or beverage that is excessively sweet, that may trigger an insulin secretion from the pancreas.

Due to the huge amount of sugar consumed in this country, "insulin sensitivity" has occurred, and this excess secretion of insulin occurs with

substances that are too sweet, or when the patient goes several hours without eating.

Dr. George Watson, in his textbook **“Nutrition and Your Mind,”** offers other scenarios to this low blood sugar problem. Watson describes many individuals who are *“slow oxidizers.”* The metabolism in these individuals is so slow/depressed they never seem to elevate their blood sugar to a healthy level. They will thus experience chronic symptoms of *“low blood sugar.”*

He then describes *“fast oxidizers”* who literally *“burn their food up so fast”* they commonly experience the state of having less than normal amounts of this blood sugar, and suffer from the same symptoms.

Obtaining the recommended hair mineral analysis (See *“Oxidation Rates”* in the Appendix) will identify which type of *“oxidizer”* you are, and the steps to come back to normal. The oxidizer types are often referred to as fast or slow **“metabolizers.”**

DO PROPER FOOD COMBINING AS BELOW:

Proper food combining principles enhance digestion times significantly. Studies suggest that improperly combined food in the stomach markedly slows and impairs digestion. This results in significant delay to the food breakdown, which then becomes a toxic burden to the remainder of the intestinal tract. We urge that you adopt this preferred way of eating!

FOOD COMBINING PRINCIPLES

Column 1
PROTEINS
 Meat, cheese, eggs, fish, shrimp, poultry, milk, butter and yogurt



Column 2
VEGETABLES
 Salads of lettuce, spinach and vegetables of most kinds



Column 3
REFINED CARBOHYDRATES
 Flour products, breads, pasta, cereal, grains, plus rice, croutons, and even potatoes.



GENERAL RULES: Never mix Column 1 with Column 3
 Column 1 (proteins) *OR* Column 3 (carbohydrates) can be mixed with Column 2. (vegetables-neutral)
 If you eat proteins *or* starches, wait at least 3 hours before you switch food *“types.”*
 Sandwiches, (bread with meat) should not be eaten.

ADDITIONAL DIETARY RECOMMENDATIONS

We suggest eliminating these items from your cooking or eating.

Eliminate white sugar and white flour, as much as is possible. Cut out sodas, potato and corn chips!
 Eliminate fried foods (high temperatures destroy vitamins and alter cooking oils, which is potentially harmful to your body).
 Eliminate pork from your diet, other than *occasional* crisp bacon
 Eliminate margarine from your diet and *aspartame*!
 Avoid micro-waved food.
 Avoid Teflon™, aluminum & copper pots and pans (Porcelain, glass or stainless steel are best)
Slow oxidizers should eat less fat. (See your hair analysis report)
 We do not recommend soybeans or soybean products, because of copper content.



Follow these additional recommendations:

You should not use cream/milk in coffee. No citrus with milk or cereals.
 Eat fruit alone. Eat melons alone. Eat apples alone. Do not eat fruit with vegetables!
 Eat roughly three above ground vegetables to each vegetable that grows below ground.
 Raw vegetables are best. Carrots should be cut up fine or cooked slightly
Fast oxidizers should eat more good fats (See your hair analysis report)
 Nuts of all kinds, **dry roasted or raw (no additives)** are good food sources.
 Raw almonds are special foods and are *said to prevent cancer, eaten every day!*
 Good fats include olive oil, flaxseed oil and fish oils.

Protein meals with vegetables, maintain good levels of blood sugar, since the digestion time is longer, *vs rapid absorption and use of blood sugar*, with sweets and carbohydrates. This may cause a blood sugar **“drop.” (See Hypoglycemia in this text)**

The purpose of this section is to minimize any foods that may negatively affect your body's healthy functioning. Energy saved by eating properly, is energy that can be used to heal other ailments in the system.

Accordingly, eliminating **“nightshade vegetables,”** such as potatoes, tomatoes, eggplant, peppers and paprika is also appropriate. Tobacco is also of the nightshade family, and should be eliminated or markedly curtailed in your use. Tomatoes include sauces and ketchup. Green tomatoes-picked before ripening, can be very hard on your well-being! **This is very important in migraine headache relief.**

GLUTEN AS A PROBLEM

Evidence has been suggested that Gluten in your diet is a trigger for migraines. See the **Gluten In Your Diet in the Appendix**. Elimination of foods that contain **Gluten** may be a positive step in solving your migraine difficulties.

DRINKING WATER INTAKE

Drinking water of quality is difficult to obtain. Bottled water purchased in grocery stores is often labeled PWS, which is a cleverly disguised statement that the water is obtained from “Public Water Supply,” the same as you drinking from your tap water at home. It is convenient, but

expensive, and is unethical. Much of the water we consume today is polluted with many, many chemicals and drugs. Reverse osmosis water (R/O) is an improvement, but the process removes most minerals that are important for health, such as calcium and magnesium, plus others. Distilled water generally has most of the minerals removed.

R/O water is probably a good choice, providing you have had a hair mineral analysis performed as recommended, so that you can monitor your calcium and magnesium status, along with other minerals. Most of our water comes to us through copper water pipes, and if the water tends to be less alkaline, copper is leached from the pipes and is then taken into your body. It tends to have negative effects for your health.

Lacking a guarantee of high quality water, obtaining spring-fed-water from a reliable distributor is your best bet, with reverse osmosis water being next in line. Do not ever drink artificially softened water, because of the sodium content. The manufacturers of the equipment will deny that sodium laced water is a health hazard, but their job is to sell water processors, not promote health. Do not accept these comments from soft water equipment companies that use sodium for the chemical process.

Potassium-fed water softeners can be just as harmful to drink from! Having decided on the safest, healthiest supply available, increase your intake to at least 6 to 7 glasses per day. It is an aid at detoxifying the body.

Do not presume that your ordinary intake of water per day is adequate. You should specifically schedule and note glasses of water to reach your required 6 to 7 glasses per day.



SOME COMMENTS ON COPPER

Copper is an essential mineral, i.e., the body cannot survive or function without it. Deficiencies in **usable** copper can result in serious diseases such as major heart problems. **Usable** copper is the key word. If your body does not have enough **usable** copper, it will crave foods that contain the mineral, such as chocolate, avocados and walnuts. This craving is especially noticeable for women when the time of their menstrual period approaches.

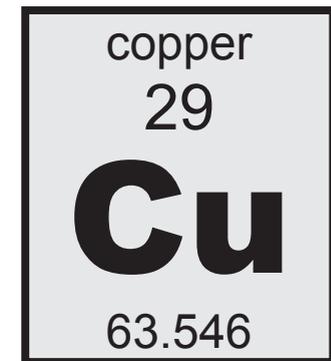
Excesses of the mineral copper can have the same serious effects as deficiencies of the mineral. The total amount of copper in the average human body is less than 1/50th of a penny!

In this country, we are constantly exposed to toxic metals, especially copper. Our water supplies come to most of us through copper pipes. Water supplies in some areas of the country are so naturally more acidic, (less alkaline) your household copper water pipes are destroyed in a matter of less than 10 years. (Pfeiffer) The copper that comes from the deterioration of the pipes, is ingested by you and your family, increasing the burden of toxic potential in your physical body. Serious physical and even mental health problems may result.

Copper based fungicides/algaecides are sprayed on vegetables to prevent mold and deterioration. Soybean proteins are very high in copper, and many foods give us copper in excess of those we receive due to environmental contamination.

If, as a woman, you have ever taken the birth control pill or have had estrogen/hormone replacement therapy, you will probably show high levels of copper in your hair analysis. A copper IUD will leach the metal into your bloodstream and cause copper problems.

If you have a water softener, your water is much more acidic (less alkaline), and will cause more copper to be in your tap water. You should add a reverse osmosis filter (R/O) to your drinking and cooking water supply, to remove copper from your water. Most state laws require artificially softened water to be used only on the hot water supply. The resultant increase in acidity by the water softener, however, will tend to add copper



to any water that you consume...

Reverse osmosis also removes other beneficial minerals such as calcium, magnesium and zinc, and then you must be sure to add those minerals to your diet. You can only do so accurately, with a hair analysis as recommended.

CONSIDER VITAMIN C AS AN ADDITIONAL HEALTH AID

There is significant evidence developing about the use of Vitamin C (*ascorbic acid*) in large quantities, for many infectious disease and viral problems. Vitamin C in appropriate quantities has been shown to aid in many other conditions as well, **such as allergies**. The quantity of this vitamin seems to be the key. Vitamin C also is known to eliminate copper from the body.

Whenever the body gets enough Vitamin C to make the necessary repairs regarding the health of the person, *diarrhea begins*. Therefore, you then know how much you should take to begin to solve your current ailment. When diarrhea occurs, you need to reduce your intake until the diarrhea no longer occurs. Then you should maintain this lower level until you begin to experience diarrhea again, reducing it further. Stopping an antibiotic will often allow a return of the illness, and the same thing happens with Vitamin C. **You must continue taking it until you are totally clear of the ailment.**

Robert Cathcart, M.D., states that if you “take 10,000 mgs of Vitamin C (10 - 1000 mg capsules) and *do not get diarrhea*, something is wrong, **and you better find out what it is.”** (www.Orthomed.com) In other words, something is causing potential or actual harm, and your body is using up the Vitamin C so fast, diarrhea cannot occur. When it does occur, you now know that you taken enough of the vitamin **to begin** to overcome the disease/ailment that is threatening your well-being. Tom Levy, M.D., states that “there is no virus infection that will exist when you are taking enough Vitamin C.” Enough is the key, as your dosage may run into over 100,000mg per day to destroy the virus! (**Tom Levy, M.D. “Vitamin C, Infectious Disease And Other Toxins.” Amazon.com**)

Consensus of many authorities is that there are *no known side effects* in using very large amounts of *plain* Vitamin C. Any health food store can provide the amount that you can use, but you should try to buy the type of Vitamin C that contains what are called bioflavonoids, such as rutin, *if you are taking less than 5,000 mg per day*.

These “bioflavonoids” (rutin, quercetin, hesperidin, etc) come with a natural Vitamin C in nature, and the synthetic Vitamin C that is mostly sold today, is *ascorbic acid*. It is not as effective as a natural Vitamin C, but it is much easier to take in large enough quantities. There are no studies of the effect of large amounts of these bioflavonoids, so only take Vitamin C products with those factors included, **if you are taking less than 5,000mg per day**.

Many doctors suggest that you take at least 10,000 mgs (10 Grams) of Vitamin C per day, increasing 5,000 mg per day until the stage of diarrhea as described, and reducing the amount per day when you develop diarrhea. This will aid in reducing copper levels that are so common today, and this therapy has been shown to be helpful in many conditions, in large quantities. As you reduce your intake, maintain the last amount *that does not cause diarrhea*. You should remember that when large amounts of harmful copper are eliminated from the system, you may experience symptoms very similar to the list of copper symptoms below.

In short...



The amount of Vitamin C (ascorbic acid) you should take as a patient, has been described as occurring when you reach the **“sub-laxative”** effect. When you are faced with an illness, you should take an unlimited amount (perhaps 5,000 mg per hour)-*spaced throughout the day-until* the stage of diarrhea is reached; then reduce your intake until you do **not** experience diarrhea. Continue taking that amount, until you again reach a diarrhea stage, and then reduce your intake further.

You should eventually reach a level of 5,000 mg per day, without diarrhea, and you should continue using that amount of the vitamin indefinitely. You should then switch to a natural Vitamin C product, complete with bioflavonoids as mentioned, for optimal maintenance of good health. If you again become ill, increase your Vitamin C (ascorbic acid) intake.

When Vitamin C begins to rid your system of copper, you may have a temporary flare-up of symptoms. This is a good sign, but it can be quite uncomfortable. This occurrence generally goes away quickly. Cutting down on your Vitamin C dosage is usually helpful at this time. Vitamin C enhances iron “uptake” from meat that you consume. It is better to take your Vitamin C between meals during which you eat meat. **Meat contains iron.**

Children generally require much less Vitamin C. Less than 5,000 mg per day is a good rule to follow, reducing with the onset of diarrhea.

Of particular interest is the work done by Dr. Linus Pauling and Dr. Abram Hoffer. Both of these well known men dealt with cancers, using Vitamin C orally, in quantities commonly in excess of 12,000 mg per day and significantly higher when indicated. Their test results strongly demonstrate that patients with cancer, even those patients that have not responded to chemotherapy, radiation and surgery, commonly lived longer than other cancer patients, when they follow a Vitamin C regimen. Recommending a very low sugar/refined carbohydrate diet, with heavy use of vegetables and fruit, and less meat seem to markedly enhance recovery and longevity in cancer patients. Clearly, you may wish to add Vitamin C to this health program!

Remember again, if you take large amounts for the flu, colds, pneumonia, etc., gradually reduce your amounts after you have recovered. Stopping the Vitamin C intake sometimes causes a negative reaction, much like stopping an antibiotic too soon. Additional valuable information is available from the textbook by Tom Levy, M.D. **“Vitamin C, Infectious Disease And Other Toxins.”** Amazon.com or Livonlabs.com. Another excellent textbook by Dr. Levy is **“Stop America’s #1 Killer!”** 2006, Livon Books. This book addresses Vitamin C and heart disease.

Symptoms you may experience as un-usable copper is eliminated from your body:

estrogen imbalance	anxiety	hyperactivity	headaches	depression	
acne	fears	insomnia	mind racing	mood swings	“spaciness”

USE THE PLACEBO OR “EXPECTANCY EFFECT” TO YOUR ADVANTAGE.

The “placebo effect” suggests that a belief in the proposed effectiveness of treatment can result in positive changes, even if the applied treatment is **“fake” or a “placebo.”** Science has shown that such an occurrence can happen. Accordingly, using a positive attitude about your treatment, or perhaps using prayer, meditation, or yoga, etc., may markedly enhance your recovery! (Please see the *Meditation* section in the Appendix.)

A commitment to carefully and diligently follow these recommendations in co-ordination with your chosen health practitioner, may assist you getting well and staying well. You should remember that there are no short-cuts to healing your body.

EXPECT TO GET WELL

SUMMARY FOR THE MIGRAINE HEADACHE PATIENT.

1. Obtain chiropractic spinal adjustments -be persistent and patient. *You must get spinal adjustments from a chiropractic doctor, in order to assure that nerve control from the brain through the spinal cord, is transmitted to the body part that is showing signs of illness. Spinal adjustments are amazingly effective in most ailments*
2. Castor Oil Packs-a must!
3. Feverfew and Butterbur - herbal products specific to migraines
4. Colonic irrigations
5. Clean up your diet-especially eliminating sugar and white flour. Try eliminating Gluten.
6. Watch your blood sugar level-eating regularly as noted. Do food combining.
7. Consider the Apple Diet initially for detoxification.
8. Consider Vitamin C in large quantities
9. Order the product called Camphor Roll-on. Massage it into the area of pain-your "temple."
10. Do the recommended hair mineral analysis.
11. Add moderate exercise -walking as noted- and be sure to increase an intake of healthy water to 6 or 7 glasses per day.
12. A commitment to get well-once and for all.

A HEALTHY TIP...

One of the great advantage of nutrients (vitamins/minerals) is that they are compatible with all medications ***and do not interfere with any therapeutic effect***, (emphasis added) and accelerate all healing processes: the medications can then be slowly eliminated, allowing diet and nutrients to maintain health.(Hoffer)