



Comprehensive
Holistic
Workbook for
Migraine
Prevention
and Relief

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Comprehensive Holistic Workbook for Migraine Prevention and Relief

Migraines are a complex neurological condition influenced by diet, stress, nervous system health, hydration, and mindset. This workbook offers practical, guided exercises and reflections alongside holistic education to help you manage migraines and improve your overall well-being.

1. Underlying Health Factors Contributing to Migraines

A. Liver Health and Detoxification

Reflection/Journal Prompt: What toxins or habits might be overburdening your liver (e.g., medications, processed foods, alcohol)?

Action Plan:

- List three liver-supporting foods you'll eat this week:
 - 1)
 - 2)
 - 3)
- Morning detox ritual (e.g., lemon water, gentle movement):
 - 1)
 - 2)
 - 3)

B. Heavy Metals and Their Role in Migraines

Reflection/Journal Prompt: Have you ever been exposed to sources of heavy metals (e.g., old fillings, seafood, cookware)? Have you ever had a heavy metal test? Keep in mind, blood testing only illuminates heavy metals in the blood. It does not indicate heavy metals stuck in tissues.

Action Plan:

- Natural chelators I will include in my diet (do not use binder capsules):
 - 1)
 - 2)
 - 3)
- Detox support practice (e.g., sauna, hydration):
 - 1)
 - 2)
 - 3)

C. Pathogens and Chronic Infections

Reflection/Journal prompt: Have you experienced chronic infections or digestive symptoms? Been on antibiotics? Had conditions such as EBV (often referred to as mononucleosis), chicken pox, herpes, Covid, etc?

Immune Support Checklist:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

D. Gut Health & the Gut-Brain Connection

Reflection: How does your digestion affect your overall energy and clarity? Do you struggle with IBS, IBD, or other bowel conditions? have you ever had gastric bypass? What can help you improve your gut health today?

E. Stress & Migraine Connection

Reflection/Journal: What are your top 3 current stressors?

- 1)
- 2)
- 3)

My Stress Relief Toolkit:

Breathwork/Meditation practices I enjoy and when I will practice:

Movement practices I'll try:

Time in nature:

2. Whole-Foods Plant-Based Diet for Migraine Prevention

A. Avoiding Dietary Triggers

Common Trigger Foods Checklist: Keep in mind, food triggers can be tricky. They can show up immediately or can be delayed by a few days.

Goal: I will eliminate/reduce these this week (eliminations are TEMPORARY only and are meant to help you find triggers):

B. Anti-Inflammatory Foods Plan

Pick 5 Anti-inflammatory Foods to Add This Week:

- 1)
- 2)
- 3)
- 4)
- 5)

Meal Planning Notes:

- Breakfast ideas:
 - 1)
 - 2)
 - 3)
- Lunch ideas:
 - 1)
 - 2)
 - 3)
- Dinner Ideas:
 - 1)
 - 2)
 - 3)

3. Breathwork & Meditation Practices

My Personalized Breathwork Routine:

- Practice:
- Time of Day:
- Duration:

Guided Meditation Notes:

- Favorite Apps or Videos: You can try Unplug, Curable, Aura, Youtube, Spotify, etc
 - 1)
 - 2)
 - 3)
- Feelings after practice:

4. Nervous System Regulation

Daily Parasympathetic Practices:

Weekly Goal: I will do at least _____ of these practices daily.

5. Movement & Exercise

Movement Plan for the Week:

Body Check-In: How do I feel before/after?

6. Hydration and Electrolytes

Daily Hydration Tracker: Goal is at LEAST 0.5oz of water per pound of body weight. A more ideal goal is 1oz per pound or at least 96oz per day. More hydration may be necessary during hot weather, physical activity, or sauna.

- Morning (cups):
- Afternoon:
- Evening:

Electrolyte Boost: I will include _____

(coconut water, leafy greens, etc.) Remember to avoid electrolyte mixes that contain citric acid (produced by mould and can be a trigger), coloring/dyes, artificial flavoring, and even natural flavoring.

7. Mindset & Emotional Well-being

Reframe the Pain Exercise:

What is my migraine trying to teach me?

How can I respond with compassion?

Daily Affirmations:

Support System Notes:

Who can I reach out to when I'm struggling?

8. Supplements & Devices

Supplements to Try (Consult with Doctor):

Neuromodulation Devices to Explore:

Track Effectiveness (start date, change in symptoms, etc)

9. Migraine Symptom Tracker

Use this daily or weekly to identify patterns and triggers.

Date

Time

Pain Level (1-10)

Duration

Triggers

Weather

Symptoms

Food I ate

Other symptoms (IE stuffy nose, bloating, etc)

Relief Methods

Notes

Final Reflection & Custom Plan

What have I learned about my migraine patterns?

What 3 changes will I commit to this month?

Supportive Resources I'll Use:

Books, apps, podcasts, practitioners:

Additional Notes:

Note to readers

Information contained in this guide should not replace medical advice. Vitality Holistic Health and Wellness, LLC information cannot diagnose, cure, or treat medical conditions. Information is meant to provide insight only. Please consult a medical professional before making any dietary, movement, supplemental, medicinal, or lifestyle changes. Vitality Holistic Health and Wellness, LLC will not be held liable for any damages, real or perceived, incurred by reading or not reading the information contained in this workbook.