

Homeopathic Migraine Protocol

Here's a quick **homeopathic protocol for migraines**, designed for general use. Always tailor based on the *specific symptoms and constitution* of the person:

Acute Remedies (choose based on symptom picture):

1. **Belladonna 30C** –
Use when: Sudden, intense, throbbing pain (often right-sided), worse with light/noise/motion, red face, dilated pupils.
☹ Dose: 3 pellets every 15–30 min, up to 3 doses. Stop once relief starts.
2. **Natrum Muriaticum 30C** –
Use when: Migraine comes after grief/stress, or worse from sun exposure. May have visual aura, feels like "a hammer" pounding.
☹ Dose: 3 pellets every 2–4 hours as needed.
3. **Sanguinaria 30C** –
Use when: Right-sided migraines that start in the neck and move to the eye. Worse from light/smell.
☹ Dose: 3 pellets every 2–4 hours during acute episode.
4. **Iris Versicolor 30C** –
Use when: Migraine with visual disturbances or aura, nausea, and vomiting.
☹ Dose: 3 pellets every 2–4 hours.

Supportive Add-Ons:

- **Magnesium glycinate** – 200–400 mg daily (especially for hormonal or tension-related migraines).
- **Peppermint essential oil** – Apply diluted to temples, forehead, and back of neck.
- **Electrolyte support** – Use mineral-rich electrolytes (like coconut water or LMNT) to stay hydrated.
- **Red light therapy** – Gentle sessions may support circulation and reduce inflammation.
- **Acupressure** – Stimulate LI-4 (between thumb and forefinger) for headache relief.

Lifestyle Practices

- **Diet**
 - Eat whole, nutrient-dense, anti-inflammatory foods.
 - Avoid known triggers: gluten, MSG, artificial sweeteners, caffeine (in excess), dairy, and alcohol.
 - Keep blood sugar stable with regular meals (include protein + healthy fats).
- **Hot Epsom Salt Foot Soak**

- Helps pull blood flow down from the head and relax tense muscles.
 - Add 1–2 cups Epsom salt + 5 drops lavender or peppermint oil to a basin of hot water. Soak for 20 minutes.
- **Sleep**
 - Prioritize consistent, quality sleep (7–9 hours). Avoid blue light before bed.
 - Track if migraines correlate with sleep disturbances.
- **Stress Management**
 - Breathwork, meditation, or somatic practices daily.
 - Journaling or emotional processing can reduce stored stress (especially for Nat Mur types).
- **Movement**
 - Gentle walks, yoga, or stretching to support circulation and lymphatic drainage.
 - Avoid overexertion during active migraines.
- **Track Your Triggers**
 - Keep a migraine journal to identify patterns (food, hormones, stress, sleep, weather, etc.).