



THE SOLINGER METHOD

by Root Health L.L.C.

Chronic Migraines

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Migraines

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Are Chronic Migraines

Chronic migraines are a **complex neurologic disorder**, not simply severe headaches. They are defined by recurrent migraine attacks occurring frequently, often with sensory disturbances, nausea, light or sound sensitivity, and significant functional impairment.

In adults, chronic migraines commonly reflect dysfunction involving:

- Neurovascular instability
- Mitochondrial energy deficiency

- Cortical spreading depression
- Neuroinflammation
- Hormonal fluctuation
- Mineral and electrolyte imbalance
- Gut brain immune signaling

Migraines are a **brain energy and signaling disorder**, not just pain.

Conventional Medicine Perspective

Conventional medicine typically views chronic migraines as:

- A primary neurologic disorder
- Managed through abortive and preventive medications
- A condition requiring long term pharmaceutical management

Standard approaches include:

- Triptans
- CGRP inhibitors
- Beta blockers
- Anticonvulsants
- Antidepressants

While medications can reduce attack frequency or severity, conventional care often overlooks:

- Mitochondrial dysfunction
- Nutrient depletion
- Hormonal and metabolic triggers
- Gut mediated inflammation

Migraine control does not always equal migraine resolution.

Naturopathic Medicine Perspective

Naturopathic medicine views chronic migraines as a **multifactorial neuroenergetic disorder**, involving vascular tone, mitochondrial function, inflammation, hormones, and metabolic stability.

Key systems involved include:

- Mitochondrial ATP production
- Magnesium dependent neuronal signaling
- Neurovascular regulation
- Hormone metabolism and fluctuation



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- Gut brain inflammatory pathways
- Stress and autonomic tone

The goal is to **reduce attack frequency, severity, and duration** while restoring neurologic resilience.

Key Drivers and Patterns in Adult Chronic Migraines

Mitochondrial Pattern

- Migraines triggered by exertion or missed meals
- Profound post migraine fatigue
- Light and sound sensitivity

Hormonal Pattern

- Migraines linked to menstrual cycle
- Perimenopausal worsening
- Sensitivity to estrogen shifts

Inflammatory Pattern

- Migraines with body pain or autoimmune symptoms
- Triggered by inflammatory foods
- Elevated inflammatory markers

Gut Brain Pattern

- Migraines with bloating or food reactions
 - Antibiotic history
 - Histamine sensitivity
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Nutritional Strategy

Nutrition for chronic migraines focuses on **fueling the brain consistently, stabilizing blood sugar, and reducing neuroinflammation**, not elimination without purpose.

Core Nutritional Priorities

- Regular meals without long fasting
- Adequate protein and healthy fats



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- Stable blood sugar
 - Magnesium and electrolyte sufficiency
 - Anti inflammatory nutrient density
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Therapeutic Foods to Emphasize

Protein at Each Meal

Supports neurotransmitter stability.

Suggested intake:

25 to 35 grams per meal

Healthy Fats

- Olive oil
- Avocado
- Fatty fish

Support neuronal membranes and vascular signaling.

Magnesium Rich Foods

- Leafy greens
 - Squash
 - Seeds
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Low Glycemic Carbohydrates

- Root vegetables • Rice • Oats

Prevent hypoglycemic migraine triggers.

Reduce or Avoid

- Skipped meals
- Excess caffeine



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- Artificial sweeteners
 - Highly processed foods
- Migraine brains do not tolerate metabolic swings.
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Targeted Supplement Support

Therapeutic Adult Dosing

Magnesium Glycinate or Threonate

Foundational for migraine prevention.

Dose:

400 to 600 mg daily

Riboflavin (Vitamin B2)

Supports mitochondrial energy production.

Dose:

200 to 400 mg daily

CoQ10

Supports mitochondrial and vascular function.

Dose:

100 to 300 mg daily

Omega 3 Fatty Acids (EPA and DHA)

Reduce neuroinflammation.

Dose:

3 to 4 grams daily combined EPA and DHA



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Electrolyte Blend (Sodium Forward, Low Sugar)

Supports cerebral perfusion and hydration.

Dose:

1 serving daily, adjusted to activity and symptoms

Targeted Herbal Support

Feverfew

Supports reduction in migraine frequency and severity.

Dose: 100 to 300 mg standardized extract daily

Butterbur (PA Free Only)

Supports neurovascular stability. **Dose:** 50 to 75 mg twice daily

Ginger Root

Reduces migraine associated nausea and inflammation.

Dose: 1,000 to 2,000 mg daily or tea

Herbs support stability, not sedation.

Celery Juice Support for Chronic Migraines

Celery juice may be supportive for some individuals with chronic migraines by improving **hydration, mineral balance, and vascular tone**, particularly in those prone to dehydration or low blood pressure.

Dose:

8 oz fresh celery juice daily

Timing:

Morning or between meals

Response should guide continued use.



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Supplement Access

A complete supplement protocol for **Adult Chronic Migraines** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Consistent sleep and wake times
- Regular meals and hydration
- Gentle movement without overexertion
- Light management and screen breaks
- Stress regulation and pacing

Migraine stability improves when

inputs are predictable.

When to Dig Deeper

Further evaluation is warranted when migraines persist:

- Iron and ferritin
- Magnesium status
- Hormone patterns
- Gut inflammation and dysbiosis
- Inflammatory markers

Chronic migraines improve when **brain energy, inflammation, and vascular tone are supported together.**



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