

# MIGRÄNE

Migraine is the most prevalent disorder in adults worldwide, affecting up to 12% of the population, with women being more susceptible, accounting for around 25%. Migraine is characterized by intense, throbbing pain or a pulsating sensation, usually on one side of the head. It is often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be severe enough to significantly impact daily activities. Migraines may occur infrequently or multiple times per month.

## SYMPTOMS

### MAIN SYMPTOM:

- severe, throbbing, or pulsating headache

### ACCOMPANYING SYMPTOMS:

- nausea
- vomiting
- extreme sensitivity to light and/or sound
- dizziness
- concentration problems
- mood swings
- **sometimes before or during: aura**
  - visual disturbances such as flashes of light or blind spots
  - mostly one-sided tingling sensation on the face, arm, or leg

## CAUSES AND PATHOGENESIS

- **causes not fully understood**
- **possibly genetic factors and environmental influences**
- **Trigger factors:**
  - hormonal changes
  - alcoholic and caffeine
  - stress and intense sensory stimuli
  - lack of sleep
  - physical exertion
  - weather changes
  - foods rich in histamine
  - food intolerances
- **frequent disorders of the gastrointestinal tract**
  - increased intestinal permeability
  - increased inflammatory activity
  - micronutrient deficiencies
- **disturbances in Trp and serotonin metabolism**
  - nitrosative/oxidative stress
  - disturbances in mitochondrial metabolism

## THERAPY

- **bowel therapy**
  - probiotics (depending on the report)
  - prebiotics (acacia fibre, 2'-FL, scFOS/scGOS)
  - anti-inflammatory agents (phosphatidylcholine, glutamine)
  - mucosal and milieu stabilising measures (humic acids, zeolite)
  - DAO enzyme substitution if necessary
- **regulate tryptophan and catecholamine metabolism (depending on the report)**
  - amino acids (Trp, Phe, Tyr)
  - griffonia, curcumin, quercetin, indole-3-carbinol
- **compensates for nutritional deficiencies**
  - vitamin B2, B3, B12, D
  - magnesium, iron, selenium
- **eliminate inflammations and ROS**
  - omega-3 fatty acids, vitamin C, E
- **treat mitochondrial dysfunction and RNS**
  - including coenzyme Q10
- **additional phytotherapeutics such as taurine, feverfew, willow bark extract**
- **other measures**
  - drink a lot
  - weight reduction
  - light or whole foods
  - reducing or avoiding alcohol, nicotine, caffeine, and simple sugars
  - stress reduction, relaxation techniques
  - sleep hygiene
  - regular aerobic physical activity

# DIAGNOSTICS

HAVE THE  
FOLLOWING  
EXAMINED

## SF720A MIGRAINE BASIC PROFILE

**Material:** T928, S, 2Fe

### Gastrointestinal disorders

- pH value, digestive residues

### Inflammation, Low-grade-Inflammation, Leaky gut

- $\alpha$ 1-antitrypsin, calprotectin
- zonulin

### Metabolom analysis

- Trp, serotonin, metabolites

### Relevant cofactors

- vitamin B3, B6 (cystathionine), B12 (MMA)

### Mitochondrial dysfunction

- lactate, pyruvate, suberate, citrate, L-carnitine

### Nitrosative stress

- citrulline, MMA

### Immunity activation

- neopterin

### Intestinal factors influencing inflammation

- TMA, TMAO
- bacterial uremic metabolites

### Food incompatibilities

- Pre-Screen B (IgG4, IgE, DAO)

## SF720C MIGRAINE COMPLETE PROFILE

**Material:** T928, 2EDTA, Hep, 2S, 2Fe, OS

### In addition to the Midi Profile:

#### Microbiome analysis

- Microbiome analysis Mini

#### Anti-inflammatory factors

- fatty acid profile (omega-3, omega-6 fatty acids)

## ADDITIONS

### In s/o intolerance to food additives or preservatives

- C560 CAST / Pseudoallergy Screening Profile

### In s/o carbohydrate intolerances

- B120 fructose malabsorption - Breath Test
- B110 lactose Intolerance - Breath Test
- B130 sorbitol malabsorption - Breath Test

## SF720B MIGRAINE MIDI PROFILE

**Material:** T928, EDTA, Hep, 2S, 2Fe

### In addition to the Basic Profile:

#### Essential minerals

- magnesium, iron, selenium

#### Relevant vitamins

- vitamin B2, D, Q10