

MIGRAINE HEADACHES

Multiple Digestive Enzymes with each meal(5) On an empty stomach 3 Vitalase twice a day. Empty means one hour from food. Nutritional Essential – 3 tables. a day and 2 tables. of a green product (Barleylife, Superfood,, Green Food, Barlean's Green, etc.)

Be sure you are not eating anything artificial (dies, food additives, aspartane, splenda, msg, etc.) Drink plenty of water, eat meals, do not graze all day and get enough sleep. Need more help please contact me.