

# Hormonal Headaches and Menstrual Migraine Unveiled



JOSIE CARIN  
NATUROPATH





# ABOUT ME

Hello, I'm Josie and I have a personal connection to this topic!

I'm a Clinical Naturopath with 20 years of experience in the natural health profession. I have a particular interest in brain health, women's health and migraine, and I offer online consultations to anyone in Australia and in-clinic appointments from Coffs Harbour, NSW.

Areas that I help with include:

- migraine and headache disorders
- brain fog and memory
- women's health
- stress and anxiety
- fatigue and burnout
- grief and sadness
- weight loss
- hormone imbalance
- menopause and peri-menopause
- digestive issues
- family and children's health

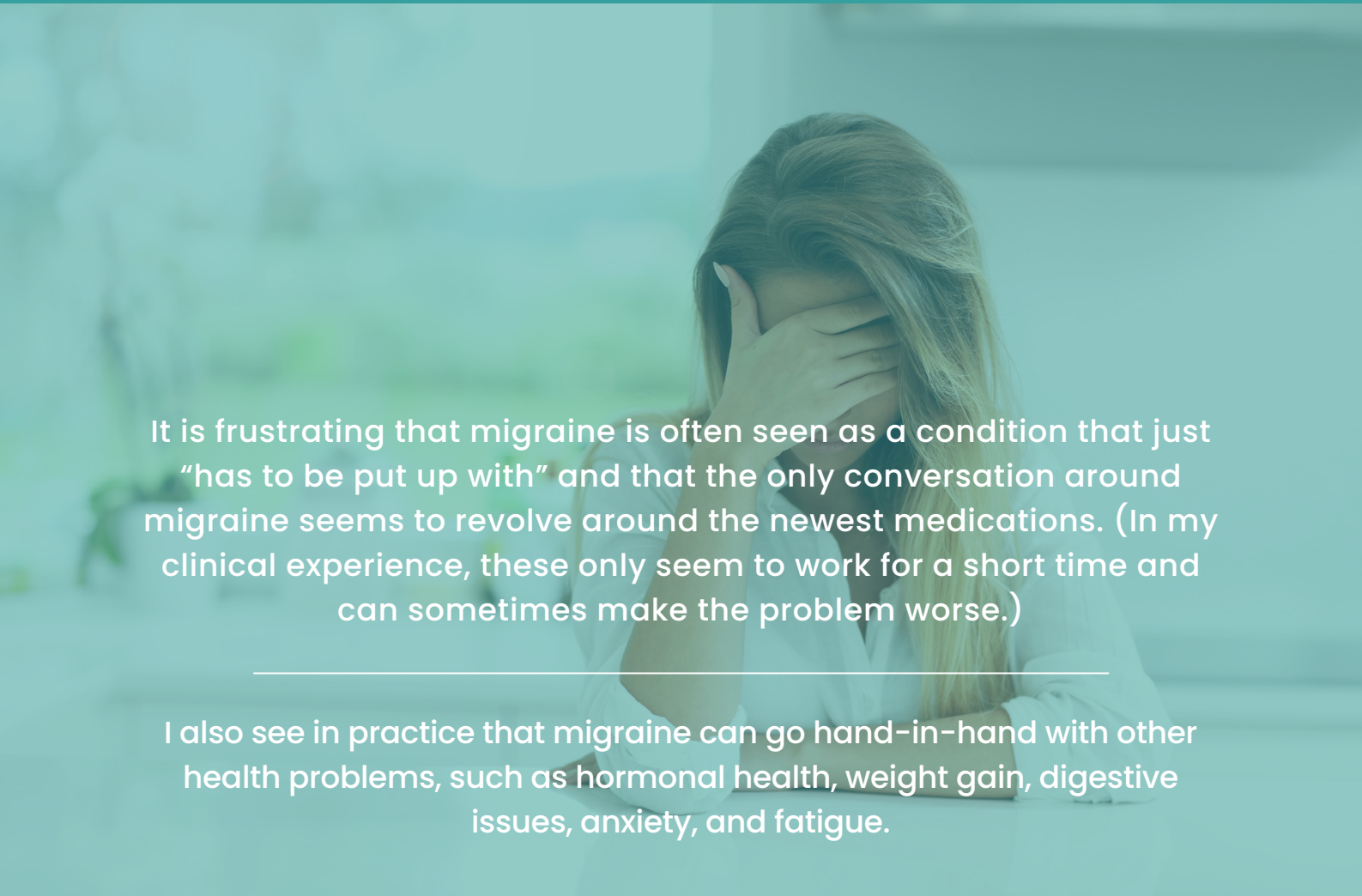


## Josie Carin

Clinical Naturopath and Metabolic Balance® Practitioner

[www.josiecarin.com](http://www.josiecarin.com)

"Empathy and expertise go hand in hand when guiding you through your migraine journey. As a naturopath, I've witnessed how powerful the right nutrition and natural medicine in alleviating migraine symptoms. From stress reduction techniques to tailored supplementation, when you work with me, you are empowered with the knowledge and tools you need for more pain-free days." Josie Carin



It is frustrating that migraine is often seen as a condition that just “has to be put up with” and that the only conversation around migraine seems to revolve around the newest medications. (In my clinical experience, these only seem to work for a short time and can sometimes make the problem worse.)

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I also see in practice that migraine can go hand-in-hand with other health problems, such as hormonal health, weight gain, digestive issues, anxiety, and fatigue.

My approach is to look beyond migraine triggers, and explore a bit more deeply to see what is going on in the body. And then manage it using personalised, evidence-based holistic, naturopathic medicine and care.

Having studied and practised naturopathy for over 20 years, I have helped hundreds of clients with migraine - I even mentor other naturopaths in how to treat this condition naturally. Additionally, I collaborate regularly with GPs and other health professionals as a complementary medicine practitioner.

Am I qualified? Absolutely. Here are my certifications:

- Bachelor of Health Science (Complementary Medicine) - Charles Sturt University
- Advanced Diploma in Naturopathy - Nature Care College
- Migraine Management for General Practitioners - University of Melbourne
- Certified Metabolic Balance® Coach
- Bachelor of Business

Plus, I am a member of the following professional associations:

Fellow of the Australian Traditional Medicine Society

Accredited Member of the Naturopath and Herbalists Association of Australia



### **Why I use the term "migraine" instead of "migraines".**

You might have noticed that I use the word "migraine" instead of saying "migraines." And I often refer to **migraine attacks or migraine episodes** rather than migraines.

While both migraine and migraines refer to a neurological disorder that is often known as severe headaches, it is more appropriate to use the singular term "migraine." This highlights the fact that migraine is not just a series of isolated headaches but rather an **ongoing condition** that can have a significant impact on an individual's overall quality of life.

For example, we don't say someone has "asthmas" - we say someone has "asthma" and from time to time they may have "asthma attacks". As a society, we know that asthma is an ongoing condition that needs to be managed carefully to avoid asthma attacks. Migraine is no different.



# Introduction

Experiencing hormonal headaches or menstrual migraine can be incredibly challenging.

Hormonal headaches and migraine can appear around any time of hormonal transition – such as puberty, menstruation, ovulation, pregnancy, perimenopause, and menopause.

**You don't need to have been diagnosed with migraine to experience hormonal headaches.**

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It is important to point out that if you don't have a history of migraine or regular headaches, and you start to experience headaches suddenly, you need to get this checked out with your GP or a neurologist especially if this happens during pregnancy.

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However, many women who experience hormonal headaches do live with migraine as well. **Menstrual-related migraine episodes are one of the most common types of migraine reported in my clinic.** What's more, they can be the most debilitating, stubborn and complex to treat relative to other types of migraine experienced.

If you have not been diagnosed with migraine, I don't want you to feel that your hormonal headaches are not as significant as migraine; the influences of migraine and headaches, and recommendations in this guide are still helpful.

# Typical Symptoms of Hormonal Headaches and Menstrual-related Migraine

**Pain:** Hormone-induced headaches/migraine can be very painful, with throbbing sensations or a dull ache. They can affect one side or the entire head and persist for hours or even days.

**Physical symptoms:** Hormonal headaches often accompany various physical symptoms. These may include nausea, vomiting, sensitivity to light and sound, dizziness, and even visual disturbances.

**Brain fog:** This is when your brain can't seem to focus on anything, and even the simplest tasks feel like a huge chore. It's hard to shake off that foggy feeling as well.

**Emotional and psychological impact:** Chronic hormonal headaches can affect your emotional and psychological well-being, leading to feelings of frustration, irritability, anxiety, and depression.

**Disruption of daily life:** Hormonal headaches can unleash chaos in everyday life, such as work or school attendance, not to mention social engagements or even getting in exercise. Your sense of control and enjoyment of life can be really affected here.



**Impact on sleep:** As if the above symptoms aren't bad enough, sleep becomes an elusive companion. These headaches disrupt your rest, and here's the cruel twist: the lack of quality sleep, in turn, can fuel more headaches. It's a wicked cycle of pain and sleep disruption, keeping you caught in a relentless dance of exhaustion and throbbing temples.

# Misconceptions about hormonal headaches and migraine

Before we look at some of the key influences and drivers, let's first bust some myths.

01

## Myth 1: They are just regular headaches.

One of the most prevalent misconceptions is that hormonal headaches are similar to typical tension headaches and can be managed with over-the-counter pain relievers. **In reality, hormonal headaches are often more severe** and can be triggered by hormonal fluctuations during the menstrual cycle.

02

## Myth 2: Hormonal headaches only affect women.

Men can get hormonal headaches too! For the purpose of this workshop, we will be focusing on those headaches particularly associated with the menstrual cycle, but it can be good to recognise that men can be affected by other types of hormonal headaches as well. It is thought that in men this is due to low testosterone or increased oestrogen.

03

## Myth 3: Hormone headaches are solely caused by hormones.

While hormonal fluctuations significantly trigger these headaches, they can also be influenced by other factors like **digestive health, blood sugar fluctuations, stress, diet, sleep patterns, inflammation, and environmental factors** (more on these in root causes). *This is why just taking birth control pills for hormonal or menstrual-related headaches and migraine may not be the only or most effective way to address the root cause.*





04

#### **Myth 4: Hormonal headaches are not treatable.**

Many women are told they have to “put up with them”. Or they may feel that they have tried “everything” and nothing has worked. In reality, various natural, physical and medical treatments can help manage and alleviate hormonal headaches, but you often need to take a **holistic approach and work on several factors**. It is rare to find someone who has just one driver or trigger of migraine. This brings me to Myth 5.

05

#### **Myth 5: You must find that single magic bullet to cure hormonal headaches or migraine.**

Unfortunately, assuming that a single treatment approach is out there is a misconception. Each person's experience with hormonal headaches and migraine is unique, and a **personalised combination of several strategies** may be necessary for effective management.



# 5 influences of hormonal headaches and menstrual migraine

Before we get into this, we need to acknowledge that for migraine, in particular, the ultimate root cause is our **genes**. We know that there can be a genetic predisposition to migraine.

But we also know, from the study of epigenetics, that we can **influence the extent to which genes express themselves through nutrition and lifestyle factors**.

While our genes provide the blueprint for our bodies, their activity can be modulated by environmental factors. Nutrition plays a crucial role in this process as certain dietary components can directly interact with our genes, either promoting or suppressing their expression.

For instance, a diet rich in fruits, vegetables, and whole grains can activate genes associated with antioxidant defence and promote overall health. On the other hand, a poor diet high in processed foods and saturated fats may activate genes linked to inflammation and chronic diseases.

Lifestyle factors, such as physical activity, stress levels, and sleep patterns, can also impact gene expression. Regular exercise, for example, has been shown to enhance the expression of genes related to metabolism and energy production. Conversely, chronic stress and poor sleep habits can alter gene expression patterns associated with immune function and stress responses.

**In summary, by making mindful choices about what we eat and how we live, we have the power to influence the way our genes express themselves, ultimately shaping our health and well-being.**



## So, let's dive into 5 of the main drivers of hormonal headaches and migraine.

### 01 Hormonal fluctuations or imbalance

Ok, this is an obvious one when talking about hormonal headaches, but essential to understand further. Fluctuations in hormone balance are normal and occur naturally during puberty, throughout the menstrual cycle, pregnancy, perimenopause and menopause.

In 60% of women who live with migraine, changes in these natural hormone levels can be a significant trigger for migraine and headaches.

In particular, many women find that their headaches and migraine attacks significantly increase as they hit mid-life, as the balance of hormones changes and those fluctuations increase. And some women find that their migraine attacks are much less during pregnancy.

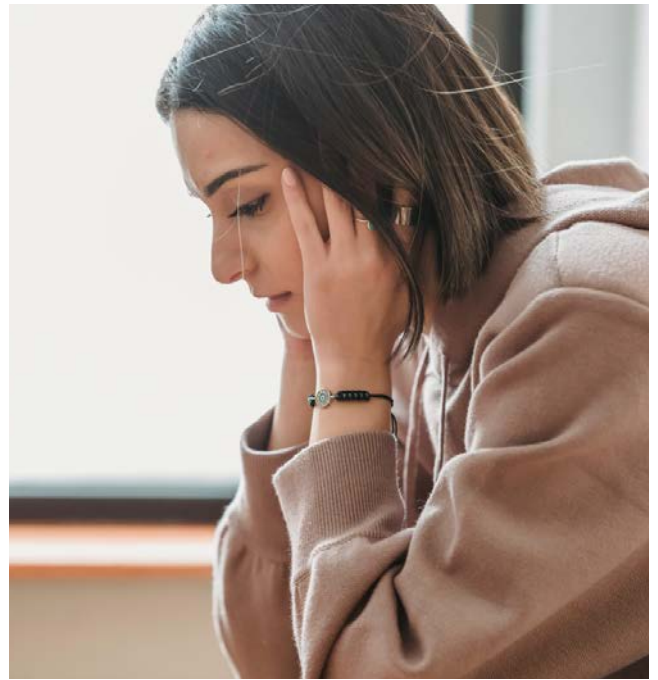
#### So, how do these fluctuations cause migraine and headaches?

Firstly, we need to discuss the two leading players in hormonal headaches, particularly in women: oestrogen and progesterone.

Think of oestrogen and progesterone as two dance partners in your body. They must work together, like a perfect dance routine, to keep everything in harmony.



Oestrogen is like an energetic, outgoing, sexy dancer. It's responsible for making things happen, like growing and developing your body. It helps regulate your menstrual cycle and prepares the womb for a possible baby.



On the other hand, progesterone is a calm and steady dancer. Its main job is to support a potential pregnancy and keep things casual and relaxed. If you become pregnant, progesterone helps maintain the womb lining to support the growing baby.

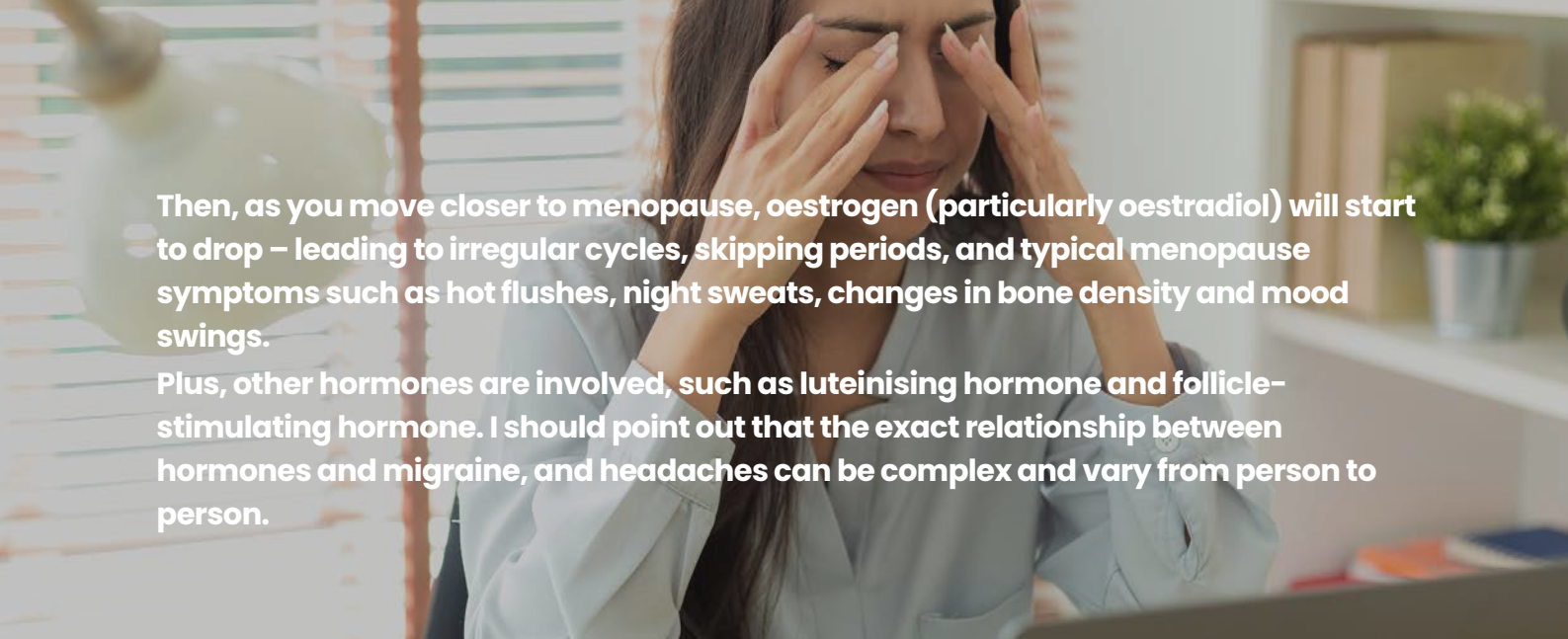
These two dancers must find a balance, like a dance routine that complements each other's moves. For example, if there's too much oestrogen and not enough progesterone, it can lead to irregular periods, mood swings, and other issues. Conversely, too much progesterone and too little oestrogen can also cause problems.

So, in the dance of hormones, it's all about finding the right rhythm and balance between oestrogen and progesterone to keep your body happy and healthy. And just like any dance, sometimes they need some adjusting to stay in sync.

**As we head closer to perimenopause, our progesterone levels typically drop first.**

This is where we begin to experience symptoms associated with what is sometimes called "oestrogen dominance". What oestrogen dominance means is that oestrogen is high relative to the dropping progesterone. This can result in hormonal headaches and menstrual migraine along with irritability, anxiety, a flat mood, insomnia and low energy. And you also feel less tolerant to stress.

**But it is not only dropping progesterone that can cause this oestrogen dominance, but also it can be due to excess oestrogen not being cleared as effectively as we like. This can be due to poor detox capacity, poor thyroid function, obesity, stress and impaired gut health. We will talk more about oestrogen clearance in point 2.**



Then, as you move closer to menopause, oestrogen (particularly oestradiol) will start to drop – leading to irregular cycles, skipping periods, and typical menopause symptoms such as hot flushes, night sweats, changes in bone density and mood swings.

Plus, other hormones are involved, such as luteinising hormone and follicle-stimulating hormone. I should point out that the exact relationship between hormones and migraine, and headaches can be complex and vary from person to person.

### So how do these changing hormone levels result in headaches and migraine?

Hold on, I'm going to get even more sciencey here!

Our hormones influence the levels of **neurotransmitters** in the brain, such as serotonin and dopamine. You can think of neurotransmitters as “chemical messengers” in the brain and body, and they play a role in pain perception.

Hormones can also cause **blood vessels in the head and brain to expand** and contract, leading to increased pressure and pain, especially during the premenstrual and menstrual phases.

Hormonal fluctuations – particularly our old friend oestrogen – can also drive **inflammation**, resulting in pain. What's more, these same hormone fluctuations can make us more **sensitive to pain**. It's a bit of a double whammy. (This is why it's not a good idea to get sensitive bits waxed leading up to your period.)

Hormones, particularly a drop in oestrogen, affect the functioning of the **hypothalamus**, a part of the brain that is thought to play a significant role in migraine attacks.

And then we have **histamine**. Oestrogen influences histamine levels and vice-versa. Histamine is a neurotransmitter in the body which has a vital role in digestion, immune response and even helps our brain stay awake. But, when we have too much histamine or become intolerant to this natural chemical, we can experience inflammation, migraine and headaches, – as well as anxiety, vertigo, insomnia, allergy-like symptoms and heavy periods.

## 02

## Less than optimal liver function

The liver has many vital roles in the body (actually, more than 500 functions!), and hormone metabolism is one of them. If the liver is not humming along as well as it could, then how well our hormones are metabolised and excreted is also affected.

So yep – to keep our hormones balanced, we need to have our liver working well.

But the liver has other roles when it comes to reducing headaches and migraine. We also need the liver for the following:

### Detoxification:



The liver is central in detoxifying various substances, including metabolic by-products, toxins, and medications. If the liver's detoxification capacity is compromised, then toxins and other substances can accumulate in the body, potentially leading to inflammation and hormonal imbalances that can trigger headaches.

### Inflammation and oxidative stress:



Poor liver function can lead to increased inflammation and oxidative stress in the body. Chronic inflammation and oxidative stress can disrupt normal hormonal regulation and contribute to hormonal headaches.

## 03

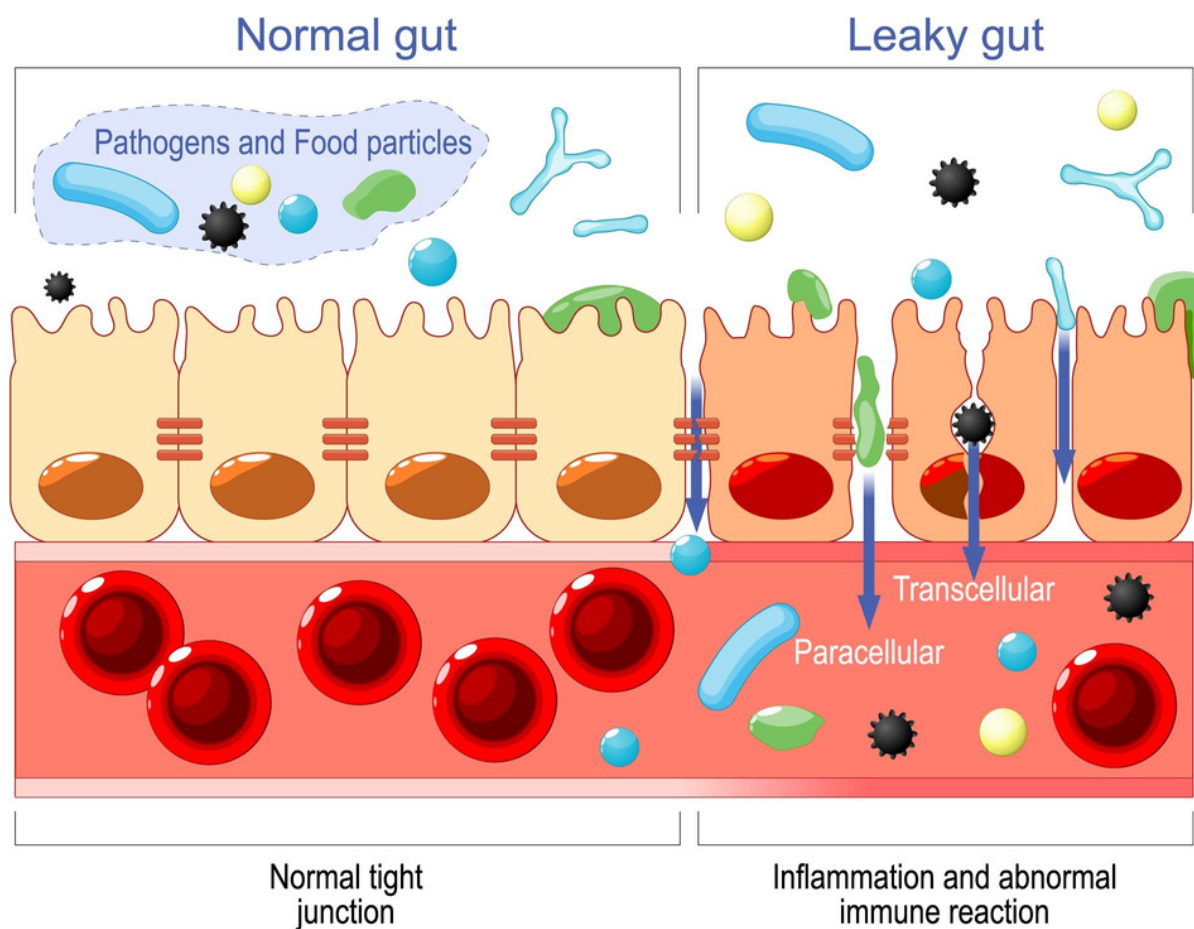
## Stress

Stress levels and how the body responds to stress, is a huge factor in hormonal headaches and menstrual migraine. Stress triggers the release of stress hormones such as **cortisol** and **adrenaline** (yep, more hormones involved with migraine!), which can then impact the delicate balance of other hormones in the body, including those involved in the menstrual cycle, such as oestrogen and progesterone.

Plus, stress often results in **muscle tension**, particularly in the neck, shoulders, and scalp, which can drive headaches and migraine.

What's more, when stressed, we are more **sensitive to pain**. And we are also more likely to be affected by **emotional triggers** such as anxiety, irritability and frustration.

Add in **lack of sleep, increased heart rate, blood pressure, and vasoconstriction** (narrowing of blood vessels), which stress can cause, and you have the perfect recipe for a headache.



## 04 Leaky gut or other digestive issues

Leaky gut, also known as increased intestinal permeability, is a condition in which the lining of the intestines becomes more permeable (or leaky) than usual, allowing substances to leak into the bloodstream that would typically be restricted.

These substances – such as semi-digested food particles, toxins, and bacteria – can trigger an **immune response**, which leads to **inflammation** which leads to... you guessed it...migraine and headaches.

While we are talking about the gut, it's good to mention that the balance of bacteria (or your **microbiome**) in your digestive system can also mess with the production of certain neurotransmitters and metabolites, which directly affects hormonal headaches.

Food intolerances can happen when the body has difficulty digesting or processing certain foods. And this can result in a wide range of symptoms – some of which appear immediately, and others may take some time to develop. How do food intolerances drive headaches and migraine?

- Certain foods can be more **inflammatory**; we know that inflammation = headaches.
- Most processed foods (we are looking at you, packaged and high-sugar foods!) can cause **rapid spikes in blood sugar levels**, leading to insulin surges. These fluctuations in blood sugar and insulin levels can affect hormone regulation and potentially trigger headaches, including hormonal headaches.
- Some individuals may have an intolerance or sensitivity to **histamine and another “amine” - tyramine**, which as we discussed before, can trigger headaches and migraine. Histamine-rich and tyramine-rich foods, such as aged cheeses, fermented foods, and cured meats, may also trigger headaches in susceptible individuals.
- Other foods or substances such as **monosodium glutamate (MSG), alcohol, caffeine and artificial sweeteners** have been associated with headaches in some individuals. Food intolerances to these substances can increase the likelihood of experiencing hormonal headaches when those foods are consumed.





## Tips for Hormonal Headaches

**The first step** is to consider which of these **root causes** might be causing hormonal headaches for you. There can often be multiple factors, especially considering how these root causes interplay.

**The second step** is to **build up the health of the body** so that you become more resilient to these drivers and not be so affected by your migraine triggers. (Yes, it can be possible to eat cheese, drink champagne or have a period without a headache or migraine!).

**As a naturopath, this is an area I love helping clients to unravel, and I've outlined how I can help with this a little more below.**

**In the meantime, here are some tips you can put into practice right now to address some of the causes of hormonal headaches:**

**Aim for a balanced diet.** Yeah, I know this is a boring recommendation you have probably heard before, but truly...this is the single most effective thing you can do to support hormonal headaches. I see the results of this all the time in the clinic.





Trust me; **proper nutrition is game-changing.**  
Here is how to do it:

Avoid processed packaged foods – especially boxes of cereal, cakes, biscuits, convenience foods and takeaway. Also, avoid sugar, soft drinks, caffeine, alcohol and artificial additives.

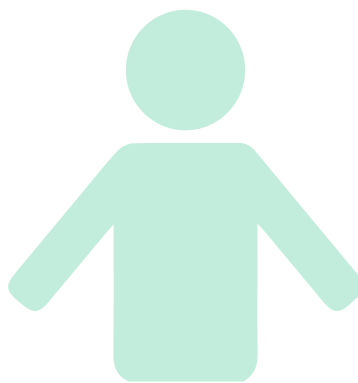
Fill up your diet with whole foods – lean proteins, vegetables, fruit, whole grains and healthy fats.

Consider trying an anti-inflammatory diet.

Make sure you are eating 3 meals a day, don't skip meals

Even reducing gluten can help many with hormonal headaches.

I've provided a sample 5-day meal plan if you need more structure.



**To take good nutrition a step further, I use the Metabolic Balance® program in clinic. This is a very personalised nutrition program, based on your blood biochemistry and other factors. If you have tried to make dietary changes unsuccessfully in the past, then this could be something you might like to consider. I've provided information on Metabolic Balance® towards the end of this guide or head over to <https://www.josiecarin.com/metabolicbalance>.**





- **Stay hydrated** – yep – this is just as boring but incredibly important. In fact it is has been found that 1 in 3 headaches and even migraine can be due to dehydration. Aim for 2 litres a day of pure water, which you can flavour with fresh fruit if you like. Natural, unsweetened coconut water is excellent for headaches because of the natural electrolytes it provides. Coffee does not hydrate the body, in fact, it can have a dehydrating effect. Speaking of coffee...
- **Watch your caffeine intake** on a daily basis. The occasional cup of coffee can be fine (in fact, it can sometimes help a headache or migraine), but don't let it build up to multiple cups a day. Tolerance to caffeine varies between individuals, and can be determined through health DNA/genomic testing.
- **Consider taking a good magnesium supplement** – excellent for muscle relaxation and sleep. In the clinic, I recommend effective practitioner-only brands that use better quality forms of magnesium or combine synergistic herbs or nutrients. Avoid the cheap stuff from supermarket. If unsure, chat with a naturopath in the health foods store.

- There is some excellent research supporting the supplementation of **Vitamin E** a few days before your period for hormonal headaches, and so I provide my clients with a specific Vitamin E form and dose.
- **Manage stress.** Easier said than done, I get it. But it's a must. You know what to do – deep breathing exercises, meditation, yoga, walking in nature, dancing and movement.

- **Prioritise sleep.** If you have trouble sleeping, switch off screens at least 2 hours before bed. Herbal medicines such as valerian, passionflower, magnolia or ziziphus can also work wonders here. Again, look for a high-quality or custom-blended formula from a naturopath for the best results.
- **Supporting liver function** is also important and an area that naturopathy particularly helps with.



**The above tips are an excellent baseline to start from. For individual clients, I will then layer on additional treatments, testing and protocols, depending on the root cause/s we have identified.**

## How a naturopath can help

I appreciate that this is a lot of information, and it can be overwhelming to know where or how to start – particularly if you are trapped in a vicious cycle of hormonal headaches that leaves you feeling drained and lacking in motivation.

**As a naturopath, I help explore why you are experiencing hormonal headaches and find a solution.** We take it in baby steps, building on adding to our health plan as we go so we can work out what is effective for you, without triggering headaches with too much change at once. And as an expert in natural headache management who has also experienced menstrual-related migraine, this is an issue I can provide a lot of empathy and support in.

**Here is how I go about helping clients in this area.**



**Comprehensive Assessment:** Here, I will chat with you about your overall health, considering factors such as lifestyle, diet, stress levels, sleep patterns, and any underlying medical conditions that may contribute to hormonal headaches and other symptoms.



**Identifying Root Causes:** I'll look at the possible causes, such as nutritional deficiencies, hormonal imbalances, food intolerances, chronic inflammation, gut health issues, or side effects from medications.



**Personalised Nutrition:** Here, I will look at your diet and make recommendations to optimise your nutritional intake. I may suggest specific foods, supplements, or dietary modifications to address deficiencies or sensitivities.



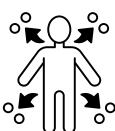
**Lifestyle Adjustments:** We can do plenty to support hormone balance. This can include stress management techniques, improving sleep quality, incorporating regular physical activity, and optimising your environment to reduce exposure to toxins or allergens.



**Herbal Medicine:** Herbs can be our star players in hormonal, gut, and brain health. I may recommend specific herbs or botanicals known for their neuroprotective, anti-inflammatory, digestive or stress-supporting properties.



**Mind-Body Techniques:** It certainly doesn't hurt to incorporate mind-body practices such as meditation, mindfulness, deep breathing exercises, or relaxation techniques to help reduce stress, improve focus, and promote mental clarity. This is an area I can provide further guidance on.



**Detoxification Support:** If less than optimal liver health and toxins are suspected contributors to hormonal headaches, I can guide you through gentle detoxification methods to eliminate toxins and support overall brain health.



**Hormonal Balance:** If suspected as a factor, I can assess and address hormonal imbalances using natural approaches.



**Functional testing:** As a naturopath, I can organise testing to get some clarity on what is going on. Tests can include hormonal balance, DNA testing, food intolerances, microbiome, mineral and heavy metal levels, nutrient deficiencies, thyroid panels, liver markers and more.

**Remember, the specific approach will vary depending on individual needs. Working with a qualified naturopath can help uncover the root causes of your hormonal headaches and develop a personalised treatment plan to restore overall well-being.**



*Head to [www.josiecarin.com](http://www.josiecarin.com)*

to book a consultation with me today to  
take the first step towards headache or  
migraine relief.

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Use the code

**HH50**

to receive \$50 off your first appointment  
(valid until 31 October 2023)



JOSIE CARIN  
NATUROPATH

# Metabolic Balance®

If you are ready to consider the ultimate “food as medicine” approach, then the Metabolic Balance® nutrition program might be for you.

I introduced this program into my clinic because it provides a whole-body approach to many hormonal balance causes discussed in this guide. It works well for hormone balance, fatigue, sluggishness, and chronic health conditions and is very effective for safe and sustainable weight loss.

Metabolic Balance® is a **personalised** clinically-proven food plan which matches your biochemistry with the right food chemistry.

**Imagine if someone could analyse your blood chemistry, food preferences, and health goals and create a personalised food list and meal plan just for you. Well, this is precisely what Metabolic Balance® does.**

And many are happy to discover that weight loss is a side effect of the program! This is because when we support the body with the proper nutrition for good health, the body naturally releases excess weight.

The program is easy to follow, no matter how busy your lifestyle is.

**You can learn more about Metabolic Balance® on the website.**



# BONUS – 5-DAY MEAL PLAN FOR HORMONAL HEADACHES AND MIGRAINE

Here's a simple 5-day meal plan based on whole foods.

## DAY 1

**Breakfast:** Overnight oats made with rolled oats, almond milk, chia seeds or flaxseeds, fresh berries, and a sprinkle of nuts.

**Lunch:** Quinoa salad with mixed vegetables (zucchini, cucumber, cherry tomatoes), chickpeas, and a lemon-tahini dressing.

**Snack:** Sliced apple with almond butter.

**Dinner:** Baked salmon with roasted sweet potatoes and steamed broccoli.

**Dessert:** Greek or coconut yogurt topped with honey and a handful of granola.



## DAY 2

**Breakfast:** Veggie omelette made with eggs, spinach, tomatoes, and capsicum, served with whole-grain gluten-free toast.

**Lunch:** Spinach salad with grilled chicken, cherry tomatoes, avocado, and a squeeze of lemon juice, drizzled with flaxseed oil.

**Snack:** Carrot sticks with hummus.

**Dinner:** Lentil curry with brown rice and a side of roasted cauliflower.

**Dessert:** Turmeric latte

# BONUS – 5-DAY MEAL PLAN FOR HORMONAL HEADACHES AND MIGRAINE

Here's a simple 5-day meal plan based on whole foods.

## DAY 3

**Breakfast:** Whole grain gluten-free toast topped with smashed avocado and poached eggs.

**Lunch:** Brown rice and black bean bowl with sautéed vegetables (zucchini, capsicum, corn) and a squeeze of lime.

**Snack:** Handful of mixed nuts and seeds.

**Dinner:** Grilled chicken breast with roasted asparagus and quinoa pilaf.

**Dessert:** Baked cinnamon apples topped with a drizzle of almond butter.



## DAY 4

**Breakfast:** Greek yogurt parfait with layers of yogurt, fresh berries, and granola.

**Lunch:** Chickpea salad with mixed greens, cucumber, red onion, cherry tomatoes, feta cheese, and a lemon-herb dressing.

**Snack:** Sliced cucumbers with a sprinkle of sea salt.

**Dinner:** Baked cod with quinoa, steamed green beans, and a squeeze of lemon.

**Dessert:** Dates with a handful of almonds.





# BONUS – 5-DAY MEAL PLAN FOR HORMONAL HEADACHES AND MIGRAINE

Here's a simple 5-day meal plan based on whole foods.

## DAY 5

**Breakfast:** Berry smoothie made with spinach, almond milk, frozen berries, and a scoop of protein powder.

**Lunch:** Quinoa-and-tuna-stuffed bell peppers with a side of mixed greens.

**Snack:** Homemade trail mix with dried fruits and unsalted nuts.

**Dinner:** Grilled tofu with stir-fried vegetables (broccoli, mushrooms, bell peppers) and brown rice.

**Dessert:** Baked pear slices with a sprinkle of cinnamon and a dollop of Greek or coconut yogurt.

Feel free to adjust the portion sizes and ingredients to fit your preferences and dietary needs. Remember to drink plenty of water throughout the day and listen to your body's hunger and fullness cues. Enjoy your journey with whole foods!

