

## PROVISIONAL DIAGNOSIS: MIGRAINE HEADACHES



SINCE 1828

### differential diagnosis noun

**Definition of differential diagnosis**  
: the distinguishing of a disease or condition from others presenting with similar signs and symptoms

### RELATIVE NUTRITIONAL DEFICIENCY (RND)

A relative nutritional deficiency occurs when an optimal diet does not meet the needs of the system.

### PROVISIONAL DIAGNOSIS: MIGRAINE HEADACHES

After making the provisional diagnosis of migraine headaches, formulation of a differential diagnosis is required followed by a medical work up to determine the working diagnosis.

### DIFFERENTIAL DIAGNOSIS MIGRAINE HEADACHES (PARTIAL ILLUSTRATIVE LIST):

1. Migraine headaches
2. **Migraine headache-like serotonin related relative nutritional deficiency symptoms™**
3. Tension headache
4. Hormone related headaches
5. Cluster headaches
6. Medication-induced headaches
7. Post-traumatic headache
8. Subarachnoid hemorrhage headache
9. Cerebral neoplasm
10. Hypertensive associated headaches
11. Other causes

### GENERAL OBSERVATIONS

Experience reveals some patients new to the practice claiming migraine headache history do not have migraine headaches. These are patients who were previously misdiagnosed or patients that inappropriately adopted the diagnosis.

In the remaining patients, the many are suffering from migraine headache-like serotonin related relative nutritional deficiency symptoms™ evidence by the empirical trial nutritional response.

\* Covered by other trademarks: RND™, RND symptoms™, relative nutritional deficiency symptoms™, relative nutritional deficiency™, serotonin relative nutritional deficiency™, Schizophrenia-like serotonin relative nutritional deficiency™, serotonin RND™, like RND™, like relative nutritional deficiency™, like serotonin™,

### MANAGEMENT OF

### MIGRAINE HEADACHE-LIKE SEROTONIN RELATED RELATIVE NUTRITIONAL DEFICIENCY SYMPTOMS™ \*

FDA approved treatment of migraine headaches includes the use of triptans. These are serotonin agonist drugs which mimic serotonin at the post-synaptic receptors. Unlike nutrients, triptans cannot address serotonin concentrations that are low, inadequate, depleted, or suboptimal.

When low, inadequate, depleted, or suboptimal serotonin concentrations exists on an optimal diet, a relative nutritional deficiency of serotonin precursors or cofactors always is present. An empirical trial of serotonin precursors in proper balance with dopamine precursors, thiols, and cofactors is required to verify relative nutritional deficiency existence.

Baseline urinary and serum dopamine assays are not reproducible, therefore, are of no assistance in establishing the existence of dopamine concentrations that are not high enough or nutrient starting point for addressing relative nutritional deficiency related symptoms.

### MANAGEMENT

Management of migraine headache-like serotonin related relative nutritional deficiency™ involves starting level 1 serotonin dosing, then in one week if symptoms are still present increase to level 2 of the serotonin protocol.™ Then in one week if symptoms are still present increase to level 3. If symptoms are present after one week of level 3 dosing obtain a urinary serotonin and dopamine assay with the consult. Many of these patients require the dopamine protocol™ and have hormone dysfunction-like symptoms.™ Testing will help confirm this.

### INFREQUENT MIGRAINE HEADACHE-LIKE SYMPTOMS™

When patients may be experiencing migraine headaches-like symptoms™ three or four times a month, the weekly evaluation may not be appropriate. Instead of weekly, see the patient monthly for evaluation and adjustment of nutrients during the empirical trial.



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