

Case Study: Migraines

Debra's Story



I was already living a health-conscious lifestyle but had a few “minor” complaints and an interest in elevating my overall health. I was concerned about my chronic heartburn and acid reflux, as well as insomnia, poor sleep quality, joint pain (knees and wrists), immobility of one shoulder, mood swings, and bloating.

I worked closely with the doctors throughout my Functional Medicine protocol, and experienced health changes beyond what I thought possible! Despite frequent travels and a busy agenda as a wife, mother, and grandmother, I was able to follow Thrive's program 100%! I've been able to discontinue my medications, noticed improved body composition, experienced elevated and consistent moods, increased energy, longer sleep duration, and better sleep quality.

Want Proof? See Backside For Full Diagnostics.

Complaints

- Migraines
- Insomnia
- Acid Reflux
- Joint Pain

Solution

- Functional Medicine
- Chiropractic Care

Results

- Migraines Gone
- Insomnia Gone
- Acid Reflux Gone
- Prescriptions Gone

Doctor's Story

Debra presented to our clinic with the following symptoms: migraines, mood swings, difficulty sleeping, acid-reflux, bloating, and global joint pain. She was also taking Lipitor for elevated cholesterol, as well as Nexium for chronic acid-reflux. We were particularly concerned with her Homocysteine levels.

We decided to have Debra start on a 6-month anti-inflammatory protocol to heal her GI tract. After we healed her gut, she began receiving chiropractic adjustments to help with some of her joint pain. At the end of her treatment plan, she reported the following: migraines have resolved, mood has significantly improved, acid-reflux and bloating have resolved, global joint pain has resolved!



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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Diagnostics: Before And After Treatment

Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Homocysteine (µmol/L)	8				≤9	10~14	≥15

Renal Function Panel	Current	Reference Range	Previous
BUN (mg/dL)	14	8~23	30 H (01/17/2018)

Homocysteine + BUN
Levels Managed To
Normal Ranges

Migraines, Acid
Reflux, And Joint
Pain Gone

Better Sleep, No
More Mood Swings,
More Energy

Key Points

- Healing The Gut Can Lead To A Host Of Positive Side Effects That Range Beyond Direct Gut Dysfunction
- A Combination Of Structural Care And Functional Medicine Can Work For Migraines
- This Patient Fit Comprehensive Care Around A Busy Lifestyle. We're So Happy For You Debra!