

YOUR 24/7 BULLETPROOF HEADACHE RELIEF GUIDE

PROVEN TIPS AND TECHNIQUES TO GET YOUR
LIFE BACK FROM HEADACHES



YOUR 24/7 BULLETPROOF HEADACHE RELIEF PLAN

Place this card where you will see it every day - fridge, bathroom mirror, night stand

Wake-Up



➤ Headache Relief Supplement

- ✓ Taken first thing in the morning
- ✓ Taken with a full glass of water, juice, herbal tea, or smoothie

Breakfast



➤ Avoid common breakfast triggers

- ✓ Excessive caffeine
- ✓ *Meats with nitrates/nitrites (sausage, bacon, cured meats, etc.)

* Don't worry, these products are available without nitrates/nitrites – check labels!

Lunch



➤ Avoid common lunch triggers

- ✓ *Lunch meats with nitrates/nitrites (sandwich & deli meat, salami, pepperoni, bologna, other processed & cured meats, etc.)
- ✓ *Salad dressings containing MSG or "Natural Flavors"
- ✓ *Chips containing MSG (flavored chips such as nacho cheese or ranch are often loaded with MSG)

* These products are available without nitrates/nitrites and MSGs – check labels!

Dinner



➤ Avoid common dinner triggers

- ✓ Meats with nitrates/nitrites
- ✓ Salad dressings containing MSG or "Natural Flavors"
- ✓ "Secret" sauces and seasoning with MSG or "Natural Flavors"
- ✓ Gravy, soup or broth with MSG (dry packet soup packets and gravy mixes are often loaded with MSG)

Before Bed



➤ Headache Relief Supplement

- ✓ Taken prior to sleep
- ✓ 1-3 hours after dinner
- ✓ Taken with a full glass of water, juice, or herbal tea

Sleep



➤ Optimize REM and deep sleep cycles

- ✓ 6-8 hours of sleep every night
- ✓ Avoid caffeine 6-10 hours before sleep
- ✓ Do not eat 2-3 hours before bed
- ✓ Minimize alcohol before sleep
- ✓ Limit blue light 1-2 hours before sleep
- ✓ No screen time 1-2 hours before bed
- ✓ Keep consistent sleep/wake times

The Don'ts

AVOID

- MSG (and all its sneaky label name forms)
- Sodium Nitrates & Nitrates

LIMIT USE

- Caffeine
- Acetaminophen
- Decongestants
- Aspartame Sweetener
- Alcohol

The Do's

Remember this simple "6 to 8" guide!

- 6 to 8 hours of sleep every night
- 6 to 8 glasses of H2O every day
- 6 to 8 servings of vegetables/fruit every day

* The concepts of "triggers", "threshold" and their effect on the brain's migraine center are adapted from Dr. David Buchholz', M.D. book, Heal Your Headache. For more info on triggers, thresholds, and the migraine mechanism, I highly recommend his book!

Thank you for trusting your headache relief to HeadacheRelief.Life.

As a fellow headache sufferer, I sympathize with your challenges!

Learning to reduce my exposure to environmental triggers had been life changing for me and I hope it will be for you as well. By reducing environmental triggers, I was able to cut my headaches in half!

Triggers can be different for everyone, but the most common are:

- **Monosodium Glutamate (MSG)** (which also has many other “sneaky” label names. A google search will provide lists of these names that manufacturers often use to disguise this additive)
- **Sodium Nitrates/Nitrites** – check food labels and avoid products with this preservative – healthier alternatives are readily available at most grocery stores
- **Lack of Sleep or Poor Quality Sleep**
- **Dehydration**
- **Stress**
- **Excessive Caffeine**
- **Hormones**
- **Artificial Sweeteners**
- **Rx and OTC meds**, including many medications used to “treat” headaches!

If you have a very low threshold or high sensitivity to triggers (like I do), you may need something else to eliminate headaches completely.

For me, its about 50/50. If I focus solely on avoiding triggers but do not take Headache Relief, my headaches are reduced by about 50%.

When I consistently take Headache Relief and avoid most triggers, I am 100% headache free, 100% of the time!

It is truly wonderful

Some that I work with find complete relief with just reducing triggers. Others, like myself need to reduce triggers and take Headache Relief daily. It really depends on each person’s unique threshold level and sensitivity to triggers.

Please take a moment to review the enclosed charts that list each ingredient in Headache Relief and the benefits each can provide to headache relief. And instead of a list of nasty side-effects, like most OTC and Rx medications, the ingredients in Headache Relief include a list of additional positive health benefits!

Each ingredient has a specific purpose in providing headache relief. There are no fillers or additives of any kind. I hope that you are able to find freedom from headaches. Headache Relief can help you achieve this freedom!

Sincerely,
Shad Jarvis, M.S.
Developer of HeadacheRelief.Life
Email at: Relief@HeadacheRelief.Life



HEADACHE
RELIEF.LIFE

Headache Relief is a unique, all-natural supplement formulated to counter headache & migraine triggers.

It doesn't just mask symptoms like traditional headache medicines are designed to do.

Headache Relief consists of 2 parts which are initially taken together and then separate - The timing and combination was developed after years of testing and trial to determine the most effective way to prevent headaches.

Part 1: Restores Vitamin B2, B6, B12 and Magnesium Glycinate to optimal levels

Part 2: Counters triggers by balancing and calming the *"excitatory effect" many triggers have on the brain's migraine center*

These tables detail each ingredient in our Headache Relief formula which has helped hundreds reclaim their lives from headaches!

No fillers, sweeteners, additives or gimmicks – Just results!

Part 1: Capsule	Role	Why it helps prevent headaches	Additional Potential Benefits
Magnesium Glycinate	Vital nutrient (mineral) important for regulating nerve and muscle function, blood sugar levels, and blood pressure and supports bone and DNA production	Believed to decrease release of pain transmitting chemicals in the brain (Substance P and glutamate), reduce narrowing of brain blood vessels caused by the neurotransmitter serotonin	Calming effect on mind and body, anxiety relief, better sleep, strong bones, may reduce risk of diabetes by regulating blood sugar, decreases abnormal heart rhythms, reduces PMS symptoms
Vitamin B2	B-Vitamin involved in many processes in the body including normal cell growth and cell function	Deficiency in Vitamin B commonly associated with headaches	Promotes skin health, digestive tract lining, healthy blood cells, and improved cognitive function/memory
Vitamin B6	B-Vitamin important for nervous system and immune system health and normal brain development	Deficiency in Vitamin B-commonly associated with headaches	Provides benefits for and reduces the risk of heart and blood vessel disease, stroke and sideroblastic anemia, reduces severity of morning sickness and PMS
Vitamin B12	B vitamin essential in making blood cells and DNA	Deficiency in Vitamin B-commonly associated with headaches	Prevents megaloblastic anemia; a condition that causes fatigue and weakness

Part 2: Powder	Role	Why it helps prevent headaches	Additional Potential Benefits
Glycine	Non-essential amino acid involved in the transmission of chemical signals in the brain	Calming and balancing effect that counters the excitatory effect triggers have on migraine mechanism	Improves sleep, metabolic syndrome and certain metabolic disorders
GABA (Gamma-Aminobutyric Acid)	Amino acid, naturally produced in the brain that acts as a neurotransmitter and plays a critical role in the transmission of chemical signals in the brain. "Your brain's natural Valium...and potent mood enhancer" Julia Ross, The Mood Cure, 89	Calming and relaxing effect on the nervous system	Anxiety relief, improving mood, reducing PMS symptoms, treating ADHD, promoting lean muscle growth, burning fat and stabilizing blood pressure
Inositol (Vitamin B8)	B-Vitamin crucial for normal brain development and healthy nervous system and immune system	Promotes balance of brain chemicals and counters excitatory effect of triggers	Provides benefits and reduces risks associated with insulin resistance, diabetes and nerve problems caused by diabetes, gestational diabetes, metabolic syndrome and conditions associated with menopause, depression, schizophrenia, autism, Alzheimer's disease, ADHD, bipolar disorder, OCD, panic disorder, PTSD and anxiety
Taurine	Amino sulfonic acid required as a building block of protein, found in large amounts in the brain, retina, heart, and blood cells	Calming and balancing effect that counters the excitatory effect triggers have on migraine mechanism	Provides benefits and reduces risks associated with congestive heart failure, high blood pressure, liver disease, high cholesterol, and cystic fibrosis, epilepsy, autism, ADHD, eye problems (retina disorders), diabetes, psychosis, alcoholism. Also used to improve mental performance and acts as an antioxidant.

*The concepts of "triggers", "threshold" and their effect on the brain's migraine center are adapted from Dr. David Buccholz', M.D. book, Heal Your Headache. For more info on triggers, thresholds, and the migraine mechanism, I highly recommend his book!



HeadacheRelief.Life B+Mag is specially formulated to restore your B2, B6, B12 Vitamin and Magnesium Glycinate levels. Deficiencies in these can trigger headaches.*

Suggested Use: Take 2 capsules in the morning and 2 capsules in the evening for 10 days or as directed by a physician. Recommended to be taken with Headache Relief Life "30 day Balance & Restore" powder formula.

WARNING: Consult physician before taking this product, especially if you are pregnant/nursing, taking medication or have a medical condition.

Keep out of reach of children.
Store in a cool, dry place after opening.
Keep bottle tightly closed while stored.



**HEADACHE
RELIEF.LIFE**

Supplement Facts

Amount Per Serving	% Daily Value**
Vitamin B2 (riboflavin)	200mg 1200%
Vitamin B6 (pyridoxine HCL)	20mg 1000%
Vitamin B12 (methylcobalamin)	5mcg 100%
Magnesium Glycinate	150mg*** 37.5%

Other Ingredients: plant-derived capsule (Hypromellose)
Contains no fillers, sugar, sweeteners, artificial colors or flavors, starch, wheat, gluten, corn, soy, milk or dairy, egg, fish, shellfish, animal products, tree nut ingredients, or preservatives.

**Based on a 2,000-calorie diet
HeadacheRelief.Life

***Elemental amount



**HEADACHE
RELIEF.LIFE**

40 Veggie Capsules

ated to
is not
to let you
S

ing limited in
you can
Vi
Vi
Vi
ing taking
M
O
C
st
A
Act is not
**

He
Sp



**HEADACHE
RELIEF.LIFE**

Net Weight 171g (6.03oz)



Supplement Facts

Serving Size: 1 scoop

Proprietary Headache Relief Blend:
Glycine, Gamma Amino Butyric Acid (GABA),
Inositol (Vitamin B8), Taurine

Other Ingredients: None
Contains no fillers, sugar, sweeteners, artificial colors or flavors, starch, wheat, gluten, corn, soy, milk or dairy, egg, fish, shellfish, animal products, tree nut ingredients, or preservatives.

**Based on a 2,000-calorie diet

HeadacheRelief.Life
Spring, TX 77388 USA



HeadacheRelief.Life is a special blend of amino acids and vitamins formulated to prevent headaches. It works best when taken daily without skipping doses. It is not intended to treat a headache during or after onset. It is specifically designed to let you take a pro-active approach to prevent headaches.*

Suggested Use: Take 1 level scoop (0.8 tsp/4cc) in the morning and 1 level scoop in the evening (bread, water, juice or smoothie) preferably on empty stomach. If you feel symptoms of a headache, you can take 1 additional serving at the onset of symptoms.
Dose once 3 servings in a 24-hour period unless instructed by a physician.

WARNING: Consult a physician before taking this product, especially if you are pregnant/nursing, taking medication or have a medical condition.
Keep out of reach of children.
Store in a cool, dry place after opening.
Keep bottle tightly closed while stored.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.



**HEADACHE
RELIEF.LIFE**

Net Weight 171g (6.03oz)

Supplement Facts

Serving Size: 1 scoop

Proprietary Headache Relief Blend:
Glycine, Gamma Amino Butyric Acid (GABA),
Inositol (Vitamin B8), Taurine

Other Ingredients: None
Contains no fillers, sugar, sweeteners, artificial colors or flavors, starch, wheat, gluten, corn, soy, milk or dairy, egg, fish, shellfish, animal products, tree nut ingredients, or preservatives.

**Based on a 2,000-calorie diet

HeadacheRelief.Life
Spring, TX 77388 USA

Supplement Facts

Serving Size: 1 scoop (2.85 grams) Servings Per Container: 60

Amount Per Serving	% Daily Value**
Proprietary Headache Relief Blend:	2850 mg ***
Glycine, Gamma Amino Butyric Acid (GABA), Inositol (Vitamin B8), Taurine	

Other Ingredients: None
Contains no fillers, sugar, sweeteners, artificial colors or flavors, starch, wheat, gluten, corn, soy, milk or dairy, egg, fish, shellfish, animal products, tree nut ingredients, or preservatives.

Based on a 2,000-calorie diet *Daily Value not established

HeadacheRelief.Life
Spring, TX 77388 USA