



## Six-Week Migraine Diary

You are about to start taking Migraine Defense to prevent your migraines. The most important thing you can do to reach your goal of being migraine-free is take the Migraine Defense capsules each day as directed.

In addition, please be careful not to eat, drink, or use anything on our migraine trigger list (see bottom of next page or [www.Tuliv.com](http://www.Tuliv.com)). Call 1-866-367-5953 if you have questions.

### How Migraine Defense Works:

1. Migraine Defense (MD) is a **migraine preventive that must be taken each and every day** in order for it to work. Please be consistent and use the correct recommended amount based on your body weight.
2. It generally takes about **three to four weeks for MD** to start working.
3. The **first signs of MD working** are:
  - a. the severity level of your headache decreases,
  - b. a headache does not last as long as usual,
  - c. you can use OTC medications to get rid of a headache or your regular migraine drug works better,
  - d. you will be having days without headaches.
4. Once MD starts to work, **it will keep improving** to reach its maximum potential.
5. At the end of third week, please call us at 1-866-367-5953 or send email to [Eileen@Tuliv.com](mailto:Eileen@Tuliv.com). Please scan and email or fax a copy of your diary to 405-692-4397.
6. You may occasionally experience a breakthrough headache. If this continues, please contact us.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Age when migraines started \_\_\_\_\_

Current Headache Pattern: Days per month affected by migraines \_\_\_\_\_ Avg. Duration Hours \_\_\_\_\_ Days \_\_\_\_\_

What dietary supplements do you use \_\_\_\_\_

Date you started taking Migraine Defense: \_\_\_\_\_

Women Only: If you take birth control pills or take any type of hormones, please list: \_\_\_\_\_

Do you have periods? Y N Do you feel you are in perimenopause or menopause? Y N Had hysterectomy? Y N

Day of Diary	Number of MD capsules	If no headache circle zero; otherwise, circle pain level. 1 = low; 5 = high	If headache today:			Woman - Period today?	Comments
			Time Started	Time Ended	List how you stopped the headache including name of the drug or OTC.		
1		0 1 2 3 4 5				Y N	
2		0 1 2 3 4 5				Y N	
3		0 1 2 3 4 5				Y N	
4		0 1 2 3 4 5				Y N	
5		0 1 2 3 4 5				Y N	
6		0 1 2 3 4 5				Y N	
7		0 1 2 3 4 5				Y N	
8		0 1 2 3 4 5				Y N	
9		0 1 2 3 4 5				Y N	
10		0 1 2 3 4 5				Y N	
11		0 1 2 3 4 5				Y N	
12		0 1 2 3 4 5				Y N	
13		0 1 2 3 4 5				Y N	
14		0 1 2 3 4 5				Y N	

Day of Diary	Number of MD capsules today	If no headache circle zero; otherwise, circle pain level. 1 = low; 5 = high	If headache today:			Woman – period today?	Comments
			Time Started	Time Ended	How did you stop migraine? List medication or OTC and dosage.		
Week Three – Start to look for signs that Migraine Defense may already be working,							
15		0 1 2 3 4 5				Y N	
16		0 1 2 3 4 5				Y N	
17		0 1 2 3 4 5				Y N	
18		0 1 2 3 4 5				Y N	
19		0 1 2 3 4 5				Y N	
20		0 1 2 3 4 5				Y N	
21		0 1 2 3 4 5				Y N	
Week Four – Call 1-866-367-5953 or email <a href="mailto:Eileen@Tuliv.com">Eileen@Tuliv.com</a> during this week to let us know your progress. Please ask for Eileen for personal visit.							
22		0 1 2 3 4 5				Y N	
23		0 1 2 3 4 5				Y N	
24		0 1 2 3 4 5				Y N	
25		0 1 2 3 4 5				Y N	
26		0 1 2 3 4 5				Y N	
27		0 1 2 3 4 5				Y N	
28		0 1 2 3 4 5					
Week Five – Time to Reorder Migraine Defense at <a href="http://www.Tuliv.com">www.Tuliv.com</a> or 1-866-367-5953							
29		0 1 2 3 4 5				Y N	
30		0 1 2 3 4 5				Y N	
31		0 1 2 3 4 5				Y N	
32		0 1 2 3 4 5				Y N	
33		0 1 2 3 4 5				Y N	
34		0 1 2 3 4 5				Y N	
35		0 1 2 3 4 5				Y N	
Week Six – Keep in mind that Migraine Defense works differently for each person. Staying with this migraine prevention program is your best opportunity for a migraine-free life.							
36		0 1 2 3 4 5				Y N	
37		0 1 2 3 4 5				Y N	
38		0 1 2 3 4 5				Y N	
39		0 1 2 3 4 5				Y N	
40		0 1 2 3 4 5				Y N	
41		0 1 2 3 4 5				Y N	
42		0 1 2 3 4 5				Y N	
Please call or email for personal visit with Eileen about your progress.							

**Foods and Triggers to Avoid:** MSG, red wine, almonds, yogurt, protein drinks, probiotics, acidophilus, anything that contains L-tyrosine or tyramine, anything that says it raises level of nitric oxide (NO), Viagra and natural substitutes, natural cheese, spirulina, self tanning products. Adding hormones through HRT (hormone replacement therapy) or hormone based birth control can increase migraines. Antibiotics can decrease the effectiveness of Migraine Defense. Also avoid: Glutamic Acid, Taurine, Alfalfa, Valerian Root, ALA, also avoid Resveratrol products.