

Cindy and Jan's Story – I Feel Like Sherlock Holmes

I feel like Sherlock Holmes. It took no less than persistent sleuthing to sort out my migraine headaches, but I finally did it. And I picked up my clues at a Suppers meeting.

The leader was talking about all the things she had to do to stop her children's "meltdowns". The red dye had to go; the refined sugars, out. They stopped eating wheat and corn and started eating more protein at breakfast. Every change was evaluated and either instituted or scrapped based on how they felt. It was a journey of subjective observation that brought them to tranquility once they found enough good matches between their problems and their solutions. She told us that one day the kids started melting down again. So she took stock of the pantry and realized she had a new breakfast cereal made by a company that excludes gluten from most – but not all – of their products. Oops, the kids' new favorite cereal contained sprouted wheat and barley malt, just enough to agitate them back into their old bad moods. She chucked what was left and the meltdowns stopped.

My initial reaction was, "Oh come on. How could they be that sensitive." But migraine pain has been very instructive. It has taught me to open my mind to possibilities I hadn't considered. So I looked at my pattern of migraines with the idea that there might be a mixture of triggers, including things I thought were pretty innocuous.

The timing was good. At another meeting, a member shared that some people react more to wheat and dairy foods together than to either singly. And the tipoff is how much you love foods that combine the two, like pizza or macaroni and cheese. That's me!

When I picked up this pearl, I was already well into the process of eating lots more fresh whole food, and hardly any processed food. My stage was set. I reduced but did not eliminate wheat and dairy, but I did separate them so that no meal contained both.

The migraines went away. Gone are the aches in my neck and back that lay beyond the reach of yoga, which has helped me in so many other ways but not this.

It's easy for me to do yoga and eat vegetables. It was not so easy to give up pizza and macaroni and cheese. I really didn't want to hear that the solution that matched my problem involved giving up something I enjoy so much. But didn't Sherlock Holmes tell us to look in the unilluminated areas if we can't find our answers where the light is good?

Once I started looking where I didn't want to find my answers, it became, well, elementary.