

HEADACHE KEYS

(*1) HEADACHE SEVERITY SCALE

1 _____ 5 _____ 10
NONE MILD MODERATE SEVERE

(*2) PSYCHIC & PHYSICAL FACTORS

1. Emotional Upset/Family or Friends
 2. Emotional Upset/Occupation
 3. Business/Reversal
 4. Business/Success
 5. Vacation Days
 6. Weekends
 7. Strenuous Exercise
 8. Strenuous Labor
 9. High Altitude Location
 10. Anticipation Anxiety
 11. Crisis/Serious
 12. Post-Crisis Period
 13. New Job/Position
 14. New Move
 15. Menstrual Days
 16. Physical Illness
 17. Over-sleeping
 18. Weather
 19. Fasting
 20. Missing a Meal
 21. Other: _____
- _____

(*3) FOOD & DRINK EXCESSES

- A. Ripened Cheeses (Pizza)
- B. Herring
- C. Chocolate
- D. Vinegar
- E. Fermented Foods (pickled or marinated sour cream/yogurt)
- F. Freshly Baked Yeast Products
- G. Nuts (Peanut Butter)
- H. Monosodium Glutamate (MSG – Chinese Food)
- I. Pods of Broad Beans
- J. Onions
- K. Canned Figs
- L. Citrus Foods
- M. Bananas
- N. Pork
- O. Caffeinated Beverages (Cola)
- P. Avocado
- Q. Fermented Sausage (cured cold cuts)
- R. Chicken Livers
- S. Wine
- T. Alcohol
- U. Beer

(*4) HEADACHE RELIEF SCALE

1 _____ 5 _____ 10
NONE MILD MODERATE SEVERE

Patients on Nardil and/or Marplan should follow the original diet given to them.

(SEE OVER)