

Migraine

*A different way of understanding
patterns, support, and the body's
response*

A Different Kind of Support

You may have arrived here after reading about migraine in a different way.

Perhaps something in that perspective felt familiar.

Not necessarily new,
but recognised.

Migraine has a way of shaping experience quietly.

It can change how a day unfolds.
How plans are made.
How energy is held or conserved.

Much of this is not always visible from the outside.

But it is deeply felt.

This guide stays close to what you have already begun to see.

It offers a way to continue by bringing a little more clarity to what is already present.

There is no single path through migraine.

No single explanation that fits every experience.

But there are patterns.

And within those patterns, there are often small places where support can begin.

You do not need to take everything in at once.

You may simply notice what resonates.

Return to what feels useful.

And allow the rest to unfold over time.

Understanding Your Pattern

Migraine rarely follows a single line.

It shifts.

From one day to the next.

Across different moments in time.

Sometimes predictable, sometimes less so.

And within that, it can feel difficult to make sense of.

But patterns are often present.

Not always obvious at first,

but visible when attention softens.

Rather than looking for one cause,
it can be helpful to begin somewhere simpler.

To notice what tends to gather around the
experience.

Not only what happens during an episode,
but what surrounds it.

The hours before.
The day leading into it.
The period that follows.

Often, small details begin to appear.

A shift in energy.
A change in rhythm.
A sense of pressure building — physical or
otherwise.

These are not always dramatic.
But they are part of the pattern.

Noticing Your Pattern

You may begin to notice small things.

Not all at once.

Not in a fixed way.

But perhaps:

When does your energy begin to shift?

What tends to gather in the hours before?

What feels different in the body,
even subtly?

There is no need to answer fully.

Only to notice.

The Four Foundations

Energy

Fuel

Load

Regulation

Energy

The system depends on having enough available energy to remain stable.

The brain draws heavily on the body's energy resources.

It uses a significant portion of that energy — often around 20% even at rest.

Even in well-functioning systems, the available reserve is relatively small.

When energy is readily available,
the system tends to feel more steady.

When it is limited,
the margin for change becomes smaller.

This may be experienced as:

increased sensitivity to light or sound
reduced tolerance for disruption
a sense of being more easily overwhelmed

Energy is influenced by many factors.

Sleep.

Recovery.

Nutrient status.

Daily rhythm.

At times, it can be helpful simply to notice:

when energy feels more available

when it feels stretched

what seems to support recovery

Not to measure it precisely.

But to recognise its presence.

Fuel

The system relies on a steady and reliable supply of fuel.

Not only in terms of quantity,
but in how that fuel is delivered and used.

The brain is particularly sensitive to changes in availability.

When supply is consistent,
the system tends to remain more stable.

When it fluctuates,
the response can become less predictable.

This may be experienced as:

changes in energy
difficulty concentrating
increased sensitivity

Fuel is shaped by patterns.

Timing.
Composition.
Regularity.

At times, it can be helpful to notice:

how often you eat
how steady energy feels between meals
whether certain patterns feel more supportive

Not to control everything.

But to begin to recognise what creates stability.

Load

The system is constantly processing what it receives.

This includes not only what supports it, but also what it must adapt to.

Over time, these demands accumulate.

Some are visible.

Many are not.

They may come from the environment.

From daily rhythms.
From internal processes.

When the overall load remains within capacity, the system tends to adapt and recover.

When it exceeds that capacity, the margin for stability becomes smaller.

This may be experienced as:

a reduced tolerance for change

increased sensitivity

a sense of the system being more easily
overwhelmed

Regulation

The system is not designed to remain in one fixed state.

It is constantly adjusting.

Responding to what it senses.
Adapting to what is present.

This ongoing process is what allows stability to emerge.

When regulation is supported,
the system can move more fluidly between states.

Activation.
Rest.
Recovery.

Rather than becoming fixed in one position.

When this flexibility is reduced,
the system may remain longer in states of
heightened alert.

Or find it harder to settle and restore.

This may be experienced as:

difficulty switching off
light or disrupted sleep
a sense of ongoing internal tension

Regulation is influenced by many factors.

Environment.

Energy.

Load.

Fuel.

Small shifts in these areas can begin to change
how the system responds.

Not by forcing change,
but by creating the conditions in which it
becomes possible.

Gentle Practices

What follows is not a set of instructions.

But a series of small entry points.

Ways of working with the system
that can be explored gently,
and at your own pace.

You may recognise some.

Others may feel less familiar.

There is no need to take on everything.

Only to notice what feels supportive.

And to begin there.

Creating Space

At times, the most supportive shift
is not to add something new,

but to create a little more space
around what is already present.

This might mean:

pausing before responding
allowing a moment of stillness
stepping away from input

Not to withdraw completely,

but to reduce what the system needs to process
even briefly.

Often, even small reductions
can begin to change how things feel.

Working with Rhythm

The system responds to patterns over time.

Not only to what happens,
but to when it happens.

Small shifts in rhythm
can begin to support greater stability.

This might include:

eating at more regular times
creating a consistent wind-down in the evening
allowing light to reach the eyes earlier in the day

Not as strict rules,

but as gentle anchors that the system can begin
to recognise.

Over time,
this familiarity can support a sense of
steadiness.

Shaping the Environment

The system is continually influenced by the environment around it.

Light.

Sound.

Air.

Objects and materials.

At times, small adjustments can reduce what the system needs to process.

This might mean:

softening lighting in the evening
reducing background noise
opening a window
creating a calmer visual space

Not to create perfection,

but to gently reduce load
where it is easily within reach.

Often, these subtle shifts can have a quiet but
meaningful effect.

A Closing Note

There is no single way through migraine.

Only a process of noticing,
adjusting,
and allowing the system to find its own rhythm
again.

What matters is not doing everything,

but recognising where change is already
possible.

And beginning there.

If You Would Like to Go Further

Some people prefer to explore these ideas in a more detailed and structured way.

A longer-form version, with references and supporting research, may be developed over time.

If this would be of interest, you are welcome to reach out via [email](#).

This guide forms part of an ongoing body of work exploring the relationship between the body, its environment, and the conditions that shape health.

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