

Cluster Headache Pete Batcheller – Dec 2018

1900 people have benefited from protocol

Here is how I got that number. I tracked responses to the anti-inflammatory regimen in posts on CH.com, an online forum dedicated to CHers for over a year starting in December of 2010. At the end of the first year 120 CHers indicated they started this regimen and 96 (80%) reported a favorable response with a reduction in CH frequency from an average of 3 CH/day down to 3 to 4 CH/week. 60 CHers (50%) reported a complete and lasting cessation of CH symptoms as long as they stayed on this regimen.

That remains a consistent average number with 100 CHers per year reporting efficacy (favorable response) through today making a conservative estimate on benefit at 800 CHers for CH.com. I also started posting about the anti-inflammatory regimen on Clusterbusters.com, a web site that provides outreach on the use of magic mushrooms (psilocybin) as a CH preventative in May of 2011. Favorable responses at this web site have averaged one per week since then so I estimate another 350 CHers have benefited from this regimen since then at Clusterbusters. That brings the total estimate to 1150 CHers benefiting from vitamin D3 for these two web sites...

There are at least four other cluster headache web sites with CHers posting about their experience with this regimen since 2011. OUCH-uk, Australia, Germany and Finland. A safe, conservative combined estimate of another 350 CHers benefiting from this regimen for these four sites brings the total to 1500.

Then there's the two Facebook Cluster Headache groups that have been running for over four years. The trolls running Facebook blocked my access after a month of my posts about preventing CH with vitamin D3, likely due to complaints from Big Pharma sponsors. Accordingly, I'm clueless as to the number of CHers benefiting from vitamin D3 from these two groups.

That said, during my month of access, I observed at least two favorable responses a week so another 400 CHers benefiting from vitamin D3 on Facebook is not out of the question. That brings my conservative estimate of CHers benefiting from the anti-inflammatory regimen to 1900 since I started posting about it in December of 2010

As good as the information collected at CH.com and the other CH sites is, there was still a lot of clinical and epidemiology data to collect related to these responses along with the efficacy so I started the online survey of CHers taking this regimen to prevent their CH on 11 December 2011.

Tomorrow will mark the seventh year this survey has been running. I did a sneak preview the end of November and had 283 completed and submitted surveys out of 540 started since it went on line on 11 December, 2011. I can only count submitted surveys.

The efficacy has remained consistent over the last seven years... 80% of CHers starting this regimen experience an 80% reduction in the frequency of their CH within the first 30 days and 50% of CHers starting this regimen report a complete cessation of all CH attacks in the first 30 days after start of regimen.

To put this in perspective, the leading (first choice for neurologists) CH prophylaxis recommended in all the standards of care CH interventions is verapamil. Two placebo controlled RCTs using verapamil as the intervention at ≥ 240 mg/day found 70% achieved a 70% reduction in the frequency of CH at a cost of \$1.55 per 240 mg pill/day. Some CHers need 2 to 3 times that much. Verapamil also carries the requirement for frequent EKGs due to arrhythmia

in 20% of users taking this calcium channel blocker. The basic anti-inflammatory regimen costs \$0.55/day.

I'll be using the results from this online survey in another attempt at getting the manuscript published in early 2019. If it gets rejected like the previous two attempts due to self-plagiarism, (I have the checker), can I publish on VitaminDWiki?

Here's a screen grab of a favorable response on Clusterbusters from early this morning. This CHer started the anti-inflammatory regimen in mid October with the 12-Day accelerated vitamin D3 loading schedule at 50,000 IU/day vitamin D3 for 12 days using the Bio-Tech D3-50 water soluble 50,000 IU vitamin D3 capsules plus Omega-3 and all the cofactors then dropped the vitamin D3 dose to one 50,000 IU Bio-Tech D3-50 capsule every 5 days for an average maintenance dose of 10,000 IU/day vitamin D3.

A blood draw for the 25(OH)D lab test 30 days after start of regimen came back at 67 ng/mL. He reported being CH pain free at that point. This morning's post was a followup.

Regarding the 20% who don't respond to this regimen in the first 30 days. They're not lost and the survey data indicate most of them have continued taking this regimen. A higher 25(OH)D serum concentration around 100 ng/mL, a week to 10-day course of Benadryl (Diphenhydramine HCL), 1000 mg/day Turmeric (Curcumin), probiotic and a ketogenic diet combine to bring at least half the 20% non-responders to a favorable response...