



LINDSAY WEITZEL, PHD

**CEO/FOUNDER, TWELVE CARBON
PRESS, LLC**

About Me

I had chronic daily migraine from age 4 to age 30. It caused me to develop complex regional pain syndrome (a burning fire pain you can feel down to your bones). I use my education and pain history to change the lives of people with migraine disease and to bring awareness to the disorder.

As founder and CEO of Twelve Carbon Press, LLC, I work as a medical writer, podcast host, speaker, author, and personal migraine strategist. (Please contact for full list of academic publications etc.)

Career Achievements/Awards/Titles

- Scientific Liaison for the Association of Migraine Disorders
- Scientific Correspondent for the National Headache Foundation
- Recipient of the 2018 Association of Migraine Disorders Advocacy Award
- Winner, Author U Draft to Dream Competition (2017) for Super Zoe the Migraine Hero, a graphic novel for kids with migraine.
- Recognized by the Association of Migraine Disorders for 2 of the Top 5 Blog Posts of 2019
- VARS award finalist, ASPEN Nutrition Foundation, top 5 out of 200 abstracts, 2011.
- Provisional Patent for PhD work, 2008

Contact Details

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Media/Select Publications/Speaking

Heads Up: The Weekly Webcast and Podcast of the National Headache Foundation

Host | 2018- Present

- Weekly Webcast on migraine and chronic headache with over 70 episodes
- Guests include medical specialists and migraine community advocates.

Super Zoe the Migraine Hero

Author | 2018

- Graphic novel for kids with migraine
- "Lindsay Weitzel has written a must read for young people who suffer from migraine headaches. Super-ZOE the Migraine Hero brings home the incredible lessons of self-empowerment and steadfast persistence in the battle against migraines." - Jason Krutsch, MD; President, Medical Director, Colorado Pain Care

MigraineNation: Headquarters for those with Chronic Migraine

Founder | 2017- Present

- Facebook community where people with chronic migraine go for support, education, and information
- 1,300 active members as of Sept. 2020

Recent Invited

Articles

- [Fifty Shades of Migraine: Is it Vestibular, Hemiplegic, or Migraine with Brainstem Aura?](#); Published by Association of Migraine Disorders. February 3rd, 2020.
- [Pregnancy and Migraine Medications](#); Association of Migraine Disorders. Published April 8th, 2019. (AMD top blog of 2019).
- [Breastfeeding and Migraine Medication](#); American of Medical Disorders 2/22/19 (Ranked third blog of 2019 for AMD)
- [Retreat Migraine Through the Senses of Someone with Migraine Disease](#); Published by the US Pain Foundation. April 23, 2019.

Recent Invited Talks

- Miles for Migraine- Denver Youth Event- [Parent and Adolescent Talk](#)- June 15th, 2019.
- ["Overcoming a Brain in Pain: Advice from a Migraine Strategist"](#) (Hour- long FB Live Event)- June 19th, 2019.
- ["Role of a Strategist to Help Patients Improve Pain and Overcome Daily Frustrations"](#); Healthy Women Chronic Pain Summit, July 18th, 2019.
- ["STRONGER. Winning at Life with Chronic Migraine"](#). Miles For Migraine Youth & Caregiver Event Sept 2020
- ["The Role of a Migraine Strategist"](#); Association of Migraine Disorders Symposium- Oct 2020
- ["The Healing Mindset"](#); RetreatMigraine 2020.

Education

**UNIVERSITY OF COLORADO SCHOOL OF PREVENTIVE
MEDICINE**

Doctorate of Analytical Health Sciences, 2008

- Doctoral thesis: *Differential Protein Levels Related to Breast Cancer in Tissue and Plasma*

THE PENNSYLVANIA STATE UNIVERSITY

Masters of Nutrition, 2000

- Graduate School Dean's List (1998-2000)
- Vice-President, Nutrition Graduate Student Association (1999-2000)