



LINDSAY WEITZEL, PHD

**CEO/FOUNDER, TWELVE CARBON PRESS, LLC
CEO, EXECUTIVE DIRECTOR,
MIGRAINENATION**

I experienced 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 debilitating migraine disease and to bring awareness to the disorder. As founder and CEO of Twelve Carbon Press, LLC, I work as a podcast host, speaker, medical writer, author, and personal migraine strategist. As the founder of the MigraineNation Foundation I bring programs into fruition that promote wellness for the community of people with chronic and debilitating headache conditions. (Please contact for full list of academic publications and presentations.)

Career Achievements/Awards/Titles

- Scientific Liaison for the Association of Migraine Disorders
- Podcast Host and 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

Education

UNIVERSITY OF COLORADO SCHOOL OF PREVENTIVE MEDICINE

Doctorate of Analytical Health Sciences, 2008

THE PENNSYLVANIA STATE UNIVERSITY

Masters of Nutrition, 2000

Contact Details

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Media/Select Publications/Speaking

HeadWise: The Weekly Webcast and Podcast of the National

Headache Foundation

Host | 2018- Present

- Weekly Webcast on migraine and chronic headache with over 150 episodes/Audio podcast 3 seasons
- 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

- 501(c)3 as of 2022
- Facebook community where people with chronic migraine go for support, education, and information (>2,100 members, June 2022)

Recent Invited Online and Print Publications

- ***Where Does Your Mind Wander When the Pain is Too Bad; What to Do About It;*** Juva for Migraine, Juva for Migraine. July, 2022.
- ***Prove to Me That Meditating Will Help Me Overcome Migraine;*** Juva for Migraine. May 20, 2022.
- ***Migraine Brain Fog is Real, What Can We Do About It?*** Juva for Migraine 2022.
- ***We're Making Great Headway in the Migraine Field, Let's Continue the Momentum for Vestibular Migraine;*** Association of Migraine Disorders. Feb 1, 2022.
- ***To Exercise or Not to Exercise, The Migraine Paradox;*** Association of Migraine Disorders. Association of Migraine Disorders. April 2, 2021.
- ***Moms with Migraine, You are Superheroes;*** Association of Migraine Disorders. April 30, 2020.
- ***Why Do We Hate Light? Perhaps the Answer is More Complicated Than We Thought;*** Association of Migraine Disorders. Feb 28, 2020.
- ***Fifty Shades of Migraine: Is it Vestibular, Hemiplegic, or Migraine with Brainstem Aura?;*** Association of Migraine Disorders. Jan 30, 2020.
- ***Pregnancy and Migraine Medications;*** Association of Migraine Disorders. April 8, 2019. (AMD top blog of 2019).
- ***Breastfeeding and Migraine Medication;*** American of Medical Disorders. Feb 3, 2019. (AMD third top blog of 2019).
- ***Retreat Migraine Through the Senses of Someone with Migraine Disease;*** 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.