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function onOpen() {
    DocumentApp.getUi().createMenu('Headings Tools')
        .addItem('Auto Number Headings', 'numberHeadingsAdd')
        .addItem('Clear Heading Numbers', 'numberHeadingsClear')
        .addToUi();
}

function numberHeadingsAdd() {
    numberHeadings(true);
}

function numberHeadingsClear() {
    numberHeadings(false);
}

function numberHeadings(add) {
    var document = DocumentApp.getActiveDocument();
    var body = document.getBody();
    var paragraphs = document.getParagraphs();
    var numbers = [0,0,0,0,0,0,0];
    for (var i in paragraphs) {
        var element = paragraphs[i];
        var text = element.getText()+'';
        var type = element.getHeading()+'';

        // exclude everything but headings
        if (!type.match(/HEADING\d/)) {
            continue;
        }

        // exclude empty headings (e.g. page breaks generate these)
        if( text.match(/^\s*$/)){
            continue;
        }

        if (add == true) {
            var level = new RegExp(/HEADING(\d)/).exec(type)[1];
            var numbering = '';

            numbers[level]++;
            for (var currentLevel = 1; currentLevel <= 6; currentLevel++) {
                if (currentLevel <= level) {
                    numbering += numbers[currentLevel] + '.';
                } else {
                    numbers[currentLevel] = 0;
                }
            }
            Logger.log(text);
            var newText = numbering + ' ' + text.replace(/^[0-9\.\s]+/, '');
            element.setText(newText);
            Logger.log([newText]);
        }
    }
}

```

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    } else {  
        Logger.log(text);  
        element.setText(text.replace(/^[0-9\.\s]+/, ''));  
    }  
}  
  
}
```