

DIET and MIGRAINE

Nutrition 101: No single diet is "best" for every migraine patient, but a well-balanced diet can help!

Food for thought

- A high-sodium diet can increase frequency of migraine attacks¹
- Processed foods tend to be high in sodium
- Cut back on sodium with fresh or mostly-processed foods



The Migraine Diet

- Strict diets don't work for everyone
- Consider strict diets only after preventative medications and other lifestyle changes mentioned here have been unsuccessful^{2,3,4}

Potential migraine triggers⁵

- Fasting
- Alcohol
- Cured meats
- Chocolate
- Caffeine
- Wine
- Monosodium glutamate (MSG)



4 pm



Snacking is good!

Hunger and headache: don't skip meals!⁶

- Low blood sugar can trigger attacks or make them worse
- Fasting increases the chances of an attack



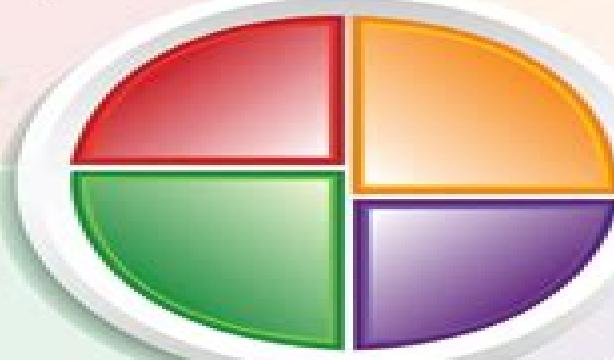
1 pm

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7 pm



7 am



Caffeine: Morning pick-up or daily grind?

- Having caffeine more than three times per week can^{7,8}
 - Lead to dependence
 - Cause withdrawal symptoms
 - Increase the number of attacks
- Medications with caffeine should never be taken more than twice per week⁹

Supplements that may prevent attacks¹⁰

Magnesium 400 mg
Riboflavin (Vitamin B2) 400 mg
Coenzyme Q10 300 mg



Drink water!



- Dehydration is known to cause head pain
- About one third of migraine patients say inadequate fluid intake can trigger attacks¹¹

10 am



Snacking is good!

- Eat small snacks with a low glycemic index between meals¹²



Weight Management and Migraine

- Obesity (a BMI over 30) can make migraine symptoms worse¹³
- Modest weight loss (2-10% of total body weight) can improve migraine symptoms¹⁴
- Eat 5-6 small meals and snacks per day¹⁵
 - Avoid fast-food headaches
 - Manage hunger while losing weight

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Migraine Special Diet Cookbook

Alicia Wolf,Shin C. Beh

Migraine Special Diet Cookbook:

The Migraine Diet Cookbook Lora Lewis, 2021-05-11 Most migraine sufferers know that nearly anything can be a trigger including what you eat. But finding the right migraine diet for you isn't just about cutting out trigger foods. It's also about eating meals that can actually help with migraines. It can be quite tough to figure out what to eat when so many foods are potential triggers. **THE MIGRAINE DIET COOKBOOK BY LORA LEWIS** brings to your finger tips recipes to help manage migraine with several comforting diets and lifestyle tips. Get top recipes for keeping migraines under control without going to bed hungry.

The Migraine Relief Diet Tara Spencer, 2017-04-12 In *The Migraine Relief Diet* author and certified nutritionist Tara Spencer offers a simple cleanse easy to follow meal plan and delicious recipes for migraine headache reduction. A migraine sufferer herself for nearly twenty years, Spencer took control of her diet and eliminated her personal trigger foods to dramatically reduce her migraines. Tara shares her methods to help readers identify dietary triggers and guide them towards migraine relief with An in depth migraine overview beyond a really bad headache to encompass other severe prolonged symptoms. A 3 day cleanse including symptom tracker meal plan and coping strategies. A 28 day meal plan featuring wholesome migraine safe recipes from breakfasts to mains and everything in between. A post cleanse reintroduction diet to safely incorporate trigger foods. Time saving strategies and health boosting activities to reduce stress.

[The Mediterranean Migraine Diet](#) Alicia Wolf, Shin C. Beh, 2022-10-25 This cookbook features more than 70 delicious recipes and dozens of helpful tips to help combat migraine symptoms by eating a Mediterranean style diet. This unique cookbook and lifestyle guide provides migraine patients with a dietary roadmap to control attacks and radically transform health. Based on the popular Mediterranean diet, this eating plan goes a step beyond migraine elimination diets to help people living with migraine expand their palette of ingredients. Co authored by healthy living blogger and creator of [TheDizzyCook.com](#) Alicia Wolf and neurologist Dr. Shin Beh, the book is packed with information. The co authors patient and doctor in real life teamed up to provide not only a cookbook but a science based guide to eating well adapting the heart and brain healthy Mediterranean diet specifically for people living with migraine to help control their symptoms. Alicia shares her own journey with vestibular migraine and how she healed herself through the foods she cooked. Dr. Beh adds scientific information to bolster her delicious recipes. Inside you'll find Ten tips for eating a Mediterranean style diet. Typical migraine food triggers and how to adapt them to the Mediterranean diet. Instructions for curating a migraine friendly pantry. Information on how to shop for and cook with specific brain friendly ingredients. More than 70 healthy and delicious recipes organized by food type. Migraine friendly meal plans and tips for making meals ahead. Tips and tricks for customizing dishes for special diets and personal migraine triggers. This book shows how easy and delicious it can be to treat migraine through simply eating well.

[Migraine Diet Cookbook](#) Amz Publishing, 2024-01-30 The Migraine Diet Cookbook is a pivotal resource for individuals grappling with the debilitating effects of migraines, offering a beacon of hope through dietary management. The book begins

by delving into the nature of migraines a complex neurological condition characterized by intense throbbing headaches often accompanied by nausea vomiting and sensitivity to light and sound It explains how certain foods and dietary habits can trigger migraines or exacerbate their severity This introduction sets the stage for understanding the importance of diet in managing migraine symptoms a concept that is both revolutionary and empowering for those who have felt at the mercy of their condition Central to the Migraine Diet Cookbook is its focus on identifying and avoiding common dietary triggers These include but are not limited to caffeine alcohol aged cheeses processed meats and artificial sweeteners The book provides a detailed list of potential triggers coupled with the science behind why these items can provoke migraines in susceptible individuals This knowledge is vital as it allows readers to make informed choices about their diet and lifestyle However the true heart of the book lies in its extensive collection of migraine friendly recipes These recipes are meticulously crafted to exclude common triggers instead focusing on fresh whole foods known for their anti inflammatory and hydrating properties which are beneficial in preventing migraines From wholesome breakfasts and nourishing soups to satisfying main courses and delectable desserts the Migraine Diet Cookbook ensures that dietary restrictions do not equate to a lack of variety or flavor in one's diet Each recipe is accompanied by easy to follow instructions nutritional information and tips on how to incorporate these meals into a regular diet The book is designed to be practical and accessible making it a valuable tool for both novice cooks and seasoned chefs alike The emphasis is on simplicity and nutrition ensuring that the meals are not only beneficial for migraine prevention but also conducive to overall health and well being Another significant aspect of the Migraine Diet Cookbook is its holistic approach It recognizes that managing migraines is not just about avoiding triggers it's also about embracing a balanced lifestyle To this end the book includes sections on stress management hydration and regular exercise all of which play a crucial role in mitigating migraine symptoms Beautifully illustrated and thoughtfully written the Migraine Diet Cookbook is more than a cookbook it's a lifeline for those affected by migraines It empowers readers with the knowledge and tools to take control of their health offering a practical and hopeful solution to a challenge that affects millions worldwide This book stands as a testament to the power of dietary intervention in managing chronic health conditions paving the way for a future where food truly is medicine

The Migraine Relief Plan Cookbook Stephanie Weaver, 2022-07-12 Following the publication of her first book The Migraine Relief Plan a step by step plan to achieve a healthier lifestyle for those who suffer severe migraines and chronic illnesses and those who care for them Stephanie Weaver received a flood of requests from readers seeking more recipes She spent the next few years expanding her research meticulously testing new recipes and interviewing a wide range of health professionals advocates patients and caregivers The result is The Migraine Relief Plan Cookbook an essential guide to healthier eating and mindful living which aims to help readers mitigate the symptoms of severe migraines headaches and other chronic illnesses It also features a foreword by nutrition scholar Margaret Slavin PhD RDN and neurology professor Dawn C Buse PhD The 100 delicious plan friendly

recipes of The Migraine Relief Plan Cookbook include foods for every meal of the day plus snacks drinks sauces and condiments as well as serving suggestions and a chapter on preparing healthy wholesome meals from leftovers This robust selection of recipes enhanced with Weaver s favorite preparation tips and personal insights empowers readers to create beautiful meals that support their health Her insightful interviews with health professionals advocates and patients provide tips for ongoing self care pain management and building resilience This book will help readers benefit from a holistic approach to battling migraines and chronic pain The Migraine Relief Plan Cookbook arms readers with the recipes research professional insight and lifestyle tips necessary to face their symptoms head on *The Migraine Relief Diet* Tara Spencer (Nutritionist),2016 Offers a cleanse meal plans and recipes for migraine headache reduction **The Migraine Handbook** Jenny Lewis,The Migraine Action Association,2011-08-31 At least one in ten people suffer from migraine It is not simply a problem affecting women but also young children and a good third of sufferers are men The Migraine Handbook looks at the mystery and soci al stigma of migraine from all perspectives details its symptoms and addresses the questions of whether it is hereditary how it relates to hormone levels age and factors such as noise light certain types of dairy foods caffeine rich foods and food additives overwork and excessive exercise all of which are common triggers The book is full of grapevine advice from scores of sufferers and details of what to avoid and how to cope with attacks It also provides an in depth look at treatments such as acupuncture yoga and homeopathy Now fully updated to include the latest drugs available to migraine sufferers this new edition of The Migraine Handbook points the way forward for doctors and suferers alike and helps them to come to terms with and conquer migraine *Migraine Diet Cookbook for Beginners* Mary Tanner,2024-03-08 Indulge in the delicious journey towards relief with our Migraine Diet Cookbook for Beginners Bursting with mouthwatering recipes meticulously crafted to alleviate migraine symptoms this culinary guide is your passport to a world where flavor meets wellness Embark on a flavorful adventure as you explore a plethora of wholesome migraine friendly dishes designed to nourish both body and soul From vibrant salads bursting with nutrient rich ingredients to hearty mains brimming with wholesome goodness each recipe is thoughtfully curated to cater to the unique needs of migraine sufferers Discover the power of wholesome ingredients and culinary creativity as you delve into our collection of easy to follow recipes specially tailored to accommodate various dietary preferences and restrictions Whether you re craving a comforting bowl of soup a tantalizing entr e or a guilt free treat to satisfy your sweet tooth our cookbook has you covered But this cookbook isn t just about recipes it s a comprehensive guide to understanding the intricate relationship between diet and migraine management With insightful tips practical advice and meal planning strategies you ll gain the knowledge and confidence to navigate your culinary journey with ease Say goodbye to bland meals and hello to a world of vibrant flavors and wellness with our Migraine Diet Cookbook for Beginners It s more than just a cookbook it s your companion on the path to a healthier happier life free from the grip of migraines *The Complete Migraine Diet Cookbook* Isabelle Hartley,2024-01-08 Are you tired of letting

migraines dictate your life Introducing The Complete Migraine Diet Cookbook a transformative guide designed to empower you on your journey to lasting headache relief and optimal wellness This comprehensive cookbook goes beyond merely providing delicious recipes it's a holistic approach to managing migraines through nourishing meals and strategic meal plans Unlock the secrets to sustained well being with a collection of nourishing recipes carefully crafted to address the root causes of migraines From flavorful breakfasts to satisfying dinners each recipe is thoughtfully selected to align with migraine friendly principles making it easy for you to enjoy a variety of foods without triggering headaches But this book is more than just a compilation of recipes It offers comprehensive meal plans tailored to your dietary needs guiding you through an 8 week transition to better eating and fewer headaches Embrace a lifestyle that prioritizes balance stability and proactive migraine management The Complete Migraine Diet Cookbook doesn't stop at the kitchen it's a wellness guide that goes hand in hand with your journey Learn lifestyle tips discover effective ways to identify triggers and make informed choices that contribute to your overall health and vitality Say goodbye to the days of surrendering to migraines and embark on a culinary adventure that promises delicious relief Whether you're a seasoned cook or a kitchen novice this cookbook is your companion in creating a life free from the shackles of chronic headaches Take control of your health savor every bite and embrace a future filled with lasting headache relief and optimal wellness Your migraine free journey starts here

The Migraine Diet

Denise Potter RDN, CSP, CDE, 2019-12-17 Keep migraines at bay the keto way Discover a diet based approach to treating chronic migraines The Migraine Diet adapts the ketogenic diet eating high fat and low carb foods to alter the way your body burns fuel into a practical meal plan and cookbook that targets the causes of migraines Relief is possible and it tastes great See for yourself how eating keto can help lessen the frequency and intensity of migraines The Migraine Diet includes basic nutrition guidelines delicious recipes and a detailed 4 week schedule for when to eat them You'll also find space to write down the changes you observe in your body and guided questions to help you identify patterns and potential triggers so you can stay on the path to healing The Migraine Diet will teach you how to Refresh and restock Learn how to clear out and rebuild your kitchen staples so you have everything you need and nothing you don't Find the fun This encouraging plan can help you live with less migraine pain and even introduce you to flavors and cooking techniques you've never tried before Beyond migraine relief Get additional lifestyle advice for avoiding migraine triggers along with all the extra health benefits of keto like weight loss and higher energy levels Discover the natural approach to migraine relief with the ketogenic diet

The Migraine Diet Cookbook Michelle Strong, 2016-02-17 Diet can be THE most important element in the overall approach to reducing the frequency and severity of migraine attacks However trying to avoid migraine food triggers and additives when you are a migraine sufferer can be a nightmare Each recipe in The Migraine Diet Cookbook contains no known common migraine triggers or additives Based on the Headache Elimination Diet this cookbook provides almost 60 recipes that either don't contain the common migraine triggers or have had them replaced with a non trigger substitute

Many recipes include ingredients that contain nutrients that are known to be beneficial for migraine sufferers Bonus substitutes for ingredients that are known migraine triggers To help with cooking other recipes every day this cookbook also contains a list of substitutes for common food ingredients that are known migraine triggers Some of the substitutes enhance the finished dishes to such a degree they taste even better than the originals made with conventional products This is more than just a cookbook it's a reference that allows you to eliminate the common food and additive triggers from your diet every day so YOU control your migraines instead of your migraines controlling you [Vestibular Migraine Diet Cookbook](#) Anita F MS Rdn McCluskey,2024-07-05 2024 EDITION 30 DAY MEAL PLAN Discover the Ultimate Solution to Vestibular Migraines with the Vestibular Migraine Diet Cookbook BY ANITA F MS RDN MCCLUSKEY Are you tired of letting vestibular migraines control your life Imagine a world where you wake up feeling refreshed free from debilitating symptoms This cookbook isn't just about recipes it's your key to reclaiming your life from the grip of migraines Are You 1 Unable to focus due to pounding headaches 2 Feeling nauseous and dizzy unable to enjoy daily activities 3 Missing out on work or social events because of migraine attacks 4 Struggling to find foods that won't trigger your symptoms If you answered yes to any of these questions then this cookbook is your lifeline follow me closely as unveiled the solution to your migraine headache you earnestly desire Amazing Benefits of Buying This Book Now By Anita F MS RDN MCCLUSKEY Tailored Recipes Enjoy delicious meals designed to minimize migraine triggers Nutritional Guidance Expert advice on foods that support migraine relief Easy to Follow Simple recipes anyone can master even on busy days Holistic Approach Address both diet and lifestyle factors for comprehensive relief Variety Over 100 recipes ranging from quick snacks to hearty meals Meal Plans Take the guesswork out with customizable meal plans Scientifically Backed Based on the latest research in migraine management Empowering Gain control over your health and well being Tested Strategies Tried and true methods from migraine sufferers like you Immediate Access Start your journey to relief today with instant digital access Don't miss out on this opportunity to transform your life The current price is a steal but it won't last long Take charge of your health today and say goodbye to vestibular migraines for good Click the link and secure your copy now by scrolling up and clicking the buy button now before the price goes up

MIGRAINE DIET COOKBOOK Dr Olivia Reed,2024-02-16 Navigate the challenges of migraine with the MIGRAINE DIET COOKBOOK Unlocking Natural Relief a beacon of hope for those seeking relief through nutrition This invaluable resource is more than a cookbook it's a companion for transforming your diet into a powerful tool against the symptoms that have long overshadowed your well being Within these pages lies a collection of carefully curated recipes each crafted to align with the dietary needs of migraine sufferers From energizing breakfasts that kickstart a sluggish day to hearty pain soothing dinners you'll discover meals that not only satiate but also alleviate Key benefits from the MIGRAINE DIET COOKBOOK include Personal Empowerment Take control of your symptoms with a diet tailored to reduce headache fatigue and pain Variety and Flavor Savor a plethora of dishes designed to be as delectable as they are beneficial ensuring you never

compromise taste for health Easy to Follow Guides Each recipe is presented with clear instructions making cooking a stress free endeavor even on your toughest days Nutrition Education Learn about the specific dietary choices that can lead to improved energy levels and a better quality of life Lifestyle Integration Find guidance on smoothly incorporating these dietary changes into your everyday routine making your path to wellness both achievable and sustainable The book serves as a catalyst for change in living with migraine It's not just about easing symptoms it's about optimizing your overall well being one meal at a time Embrace the possibility of brighter headache free days with Unlocking Natural Relief With this book as your guide you're not just feeding your body you're fortifying your spirit Take the first step on your journey to wellness Embark on a culinary adventure that promises to enrich your health and delight your palate Act now transform your diet and reclaim the vibrancy of life Indulge in a bite of relief and savor the flavor of wellness your fight against migraine starts in the kitchen Get your copy of the **MIGRAINE DIET COOKBOOK** today

The Headache Prevention Cookbook David R. Marks, M.D.,Laura Marks, M.D.,2000-07-14 If you're one of the 50 million Americans who suffer from headaches you can eliminate the pain entirely just by changing the way you eat A headache sufferer himself Dr David Marks treats thousands of patients a year at his internationally known headache clinic The recipes in this book can help you ward off headaches while ensuring that you eat well in the bargain

The Complete Migraine Health, Diet Guide and Cookbook Lawrence Leung,Susan Hannah,Elizabeth Dares-Dobbie,2013 Offers information about migraine headaches as well as strategies for avoiding them reducing their frequency and dealing with them when they occur with a detailed low histamine diet program and numerous recipes

The Migraine Relief Plan Stephanie Weaver,2017-02-14 An essential lifestyle guide to reducing headaches and other symptoms related to migraine vertigo and Meniere's disease Its slow approach plan and more than 75 trigger free recipes set readers up for success even when they're in pain In The Migraine Relief Plan certified health and wellness coach Stephanie Weaver outlines a new step by step lifestyle approach to reducing migraine frequency and severity Using the latest research her own migraine diagnosis and extensive testing Weaver has designed an accessible plan to help those living with migraine headaches or Meniere's disease Over the course of eight weeks the plan gradually transitions readers into a healthier lifestyle including key behaviors such as regular sleep trigger free eating gentle exercise and relaxation techniques The book also collects resources shopping lists meal plans symptom tracking charts and kitchen tested recipes for breakfast lunch snacks and dinner to provide readers with the tools they need to be successful The Migraine Relief Plan encourages readers to eat within the guidelines while still helping them follow personal dietary choices like vegan or Paleo and navigate challenges such as parties work and travel A must have resource for anyone who lives with head pain this book will inspire you to rethink your attitude toward health and wellness

Migraine Diet Cookbook Mary Clark,2020-04-23 If you suffer from migraines you know from experience that prescription medication can only do so much to help relieve your suffering You also know that your next headache could still strike at any time and as a result you may lead a

life of fear and trepidation never knowing when the responsibilities of work and family will once again fall victim to your throbbing skull. Unfortunately despite the many advances in medicine there is still no real cure for migraine headaches. Diet can be THE most important element in the overall approach to reducing the frequency and severity of migraine attacks. However trying to avoid migraine food triggers and additives when you are a migraine sufferer can be a nightmare. Each recipe in The Migraine Diet Cookbook contains no known common migraine triggers or additives. This cookbook provides almost 60 recipes that either doesn't contain the common migraine triggers or have had them replaced with a non trigger substitute. Many recipes include ingredients that contain nutrients that are known to be beneficial for migraine sufferers. To help with cooking other recipes every day this cookbook also contains a list of substitutes for common food ingredients that are known as migraine triggers. Some of the substitutes enhance the finished dishes to such a degree they taste even better than the originals made with conventional products. This is more than just a cookbook it's a reference that allows you to eliminate the common food and additive triggers from your diet every day so YOU control your migraines instead of your migraines controlling you. Here Is A Preview Of What You'll Learn The Skinny on the Migraine Diet How to implement this diet into your life with tips and tricks Breakfast lunch and dinner ideas And much much more **Migraine Cookbook**, 2001

For migraine sufferers who want to learn more about their disorder this contains invaluable medical information and resource material. It includes a complete range of carefully selected recipes in every category from comfort food favourites to more contemporary creative dishes. Other unique features include sidebars that indicate the trigger free quality of each recipe nutritional information for each recipe kitchen pointers that give helpful preparation cooking serving tips and variations that extend the possibilities. Here is a cookbook that helps you to eat well and ward off migraines **The**

Migraine Relief Diet Cookbook Annie Franklin, 2023-04-05 Migraine headaches can be debilitating leaving you feeling drained and unable to function. But what if there was a way to help relieve the pain and discomfort of migraine headaches. Good meal recipes can be the answer. These recipes can help reduce the severity and frequency of migraines by providing your body with the right combination of vitamins minerals and other nutrients. The right ingredients and combinations can help to reduce inflammation and free radical damage which can be major contributors to migraine headaches. Good meal recipes can be easy to make and can be tailored to fit your specific dietary needs. From healthy snacks to complete meals these recipes can provide a nutritious and delicious way to help ease the pain and discomfort of migraine headaches. Try using good meal recipes to help improve your overall health and reduce the frequency and severity of your migraine headaches. You may be surprised at the difference it can make in your life. Are you tired of dealing with migraine headaches. Do you want to learn how diet can help you find relief. Then you need to get your hands on the new book by Annie Franklin **The Migraine Relief Diet Cookbook Healthy Recipes for a Happier Pain Free Life** In her book Annie shares her knowledge on how diet plays an important role in managing migraine headaches. You'll learn which foods to avoid and which to include in

your diet to help reduce migraine attacks You ll also get access to delicious meal recipes that are specifically designed to help relieve migraine symptoms Annie Franklin is a certified nutritionist with a wealth of experience in helping people with migraine headaches Her book contains the latest research on how diet can affect the human body as well as practical advice on how to make dietary changes to help reduce migraine attacks Don t suffer any longer with migraine headaches Get your hands on The Migraine Relief Diet Cookbook Healthy Recipes for a Happier Pain Free Life today and start your journey to a migraine free life

The Migraine Diet Denise Potter, 2019-12-17 Keep migraines at bay the keto way Discover a diet based approach to treating chronic migraines The Migraine Diet adapts the ketogenic diet eating high fat and low carb foods to alter the way your body burns fuel into a practical meal plan and cookbook that targets the causes of migraines Relief is possible and it tastes great See for yourself how eating keto can help lessen the frequency and intensity of migraines The Migraine Diet includes basic nutrition guidelines delicious recipes and a detailed 4 week schedule for when to eat them You ll also find space to write down the changes you observe in your body and guided questions to help you identify patterns and potential triggers so you can stay on the path to healing The Migraine Diet will teach you how to Refresh and restock Learn how to clear out and rebuild your kitchen staples so you have everything you need and nothing you don t Find the fun This encouraging plan can help you live with less migraine pain and even introduce you to flavors and cooking techniques you ve never tried before Beyond migraine relief Get additional lifestyle advice for avoiding migraine triggers along with all the extra health benefits of keto like weight loss and higher energy levels Discover the natural approach to migraine relief with the ketogenic diet

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