

GENERAL DIETARY ADVICE FOR HEADACHE & MIGRAINE SUFFERERS.

DO`s

1. Try to eat a generally healthy diet including plenty of fresh foods, oily fish, wholegrains, varied fruits and vegetables and proper balance of approximately 1/3 protein 1/3 complex carbohydrates and 1/3 vegetables and fruits. (Ideally organic)
2. Eat regular meals in order to keep blood sugar levels steady. (N.B. if necessary healthy snacks before sport/activity, between meals and before going to bed)
3. Focus on foods with a low glycoceamic load (check lists in books/internet), which release sugars into the bloodstream more gradually.
4. Make sure you stay hydrated (especially in hot weather or before/after exercise) using water, herb teas, vegetable juices or diluted natural fruit juices.

DON`Ts

1. Generally try to avoid highly processed foods, convenience/takeaway/ready meals or foods with many additives/preservatives/trans fats etc.
2. Don't skip meals.
3. Avoid foods/drinks that are high in refined sugar.
4. Obviously avoid any foods that you know trigger your symptoms (see later; elimination/detox diets)

N.B. Although there are many foods/drinks that can cause headaches/migraines in different individuals, the most common are; alcohol, caffeine (present in coffee/tea, energy drinks/colas and several medications-including painkillers. NB green/fruit/herb teas are fine), foods containing high levels of amines (cheese, chocolate, wine, beer, shellfish), cured foods, avocado, vinegar, foods containing monosodium glutamate (Chinese takeaways!). Occasionally citric fruits and yoghurt/sour cream

5. It is advisable to avoid rapid weight loss diets.

N.B.

Food "intolerances/allergies" as headache/migraine triggers; do not assume because of something you have read that a food/drink is a factor without personal "trials".

Occasionally special elimination or detox diets are necessary in order to identify particular foods or drinks that may be a problem. Your practitioner can discuss this with you.

Mineral imbalances; it has been documented that certain minerals if present into high or too low levels in the body can cause headaches. Blood tests may be necessary to identify this.

<http://www.headpainrelief.co.uk>

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