



migraine

about

Migraines are characterised by mild to severe throbbing or pounding sharp pain lasting 4-72 hours and commonly accompanied by nausea and sensitivity to light, sound or smells.

The cause of a migraine is multi-factorial where any number of things may trigger it, including: food sensitivities/allergies, stress, hormonal changes and blood sugar fluctuations.

The most common foods implicated in migraine attacks are those containing amines, including: avocado, plum, wine, banana, potato, beer, cabbage, tomato, aged or cured meat, eggplant, cheese, pineapple, canned fish, and yeast extract.

Other people are sensitive to foods containing MSG, the flavor enhancer, or nitrates, which are commonly found in bacon, hot dogs, and other preserved meats.

Some people are sensitive to artificial sweeteners like Aspartame which is found in Nutrasweet and is used in diet soft drinks and other sugar free products.

A study reported in The Lancet found that when allergenic foods were eliminated from the diets of migraine sufferers, as many as 93% of them found relief.

treatment

- Follow an elimination diet to discover any food allergies or sensitivities. Specifically avoid the amine, MSG and Aspartame containing foods mentioned above.
- Eat small regular meals containing protein to keep blood sugar levels balanced.
- Calcium and magnesium supplementation can help relieve muscular tension and improve nerve transmission.
- Feverfew is a herb shown to decrease the frequency and/or intensity of migraine attacks.

more information

To learn more about natural treatments for migraine please talk to one of our naturopaths who are here to assist you 7 days a week.

Before you make changes to you diet you should always consult your naturopath/practitioner.

