

Personal lifestyle Changes

Do you want some control over your migraine disease? Try some of these ideas.

Environment

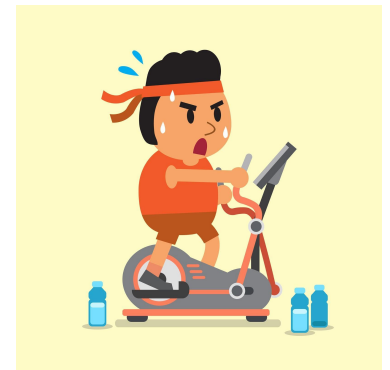
- Create low intensity lighting at home and at work
- Reduce extraneous noise (loud or repetitive noise)
- Special filter glasses (Theraspecs)
- Limit time on computer
- Limit exposure to strong odors, fragrances, tobacco smoke, allergens
- Avoid rapid changes in altitude
- Avoid decongestants and pain remedies containing caffeine

Routines

- Go to bed at same hour
- Eat three meals a day at the same time
- Avoid trigger foods and dietary changes

Regular exercise

Intense or sudden exercise can initiate a headache in certain migraineurs, but, in general, routine, moderate exercise reduces the frequency of headaches



Stress reduction (meditation, massage therapy, and other relaxation activities)

Any activities to reduce stress may be helpful.

Another option is to seek professional help from specialists who are familiar with migraine care. They offer physical therapy, massage therapy, acupuncture and psychological and emotional support, including Cognitive Behavioral Therapy (CBT), biofeedback and relaxation techniques.

Reduce weight

Weight loss has been shown to reduce the frequency and intensity of headaches.

Diet choices

1.) LIMIT all of the most common triggers. In general, these are foods of chemical complexity (aging and fermentation)

- Tomatoes, onion, oranges, grapefruits, tangerines, lemons, limes, bananas, skim-milk yogurt (1/2 cup per day) and caffeinated drinks (16 ounces per day).
- Beverages: *alcohol (beer, wine), caffeine (coffee, tea), apple juice, sodas with aspartame*
- Fruits and vegetables: *avocado, over-ripe banana, citrus*
- Meats: *pork, processed meats (nitrates)*
- Dairy and soy-based foods: *especially aged cheese*
- Nuts

2.) IDENTIFY your food allergies with an ELIMINATION DIET
Then choice to AVOID or use ROTARY DIET

Here is a more comprehensive list of potential migraine food triggers and what may be the offending chemical

- Tyramine: *beer, avocado, over-ripe banana, aged cheeses, pork, soy-based foods, processed meats, smoked fish, chicken liver, pate, figs, some beans, nuts, peanut butter.*
- Safe cheeses: *American, ricotta, cottage, Velveeta, or cream cheese*
- Alcohol, particularly fermented liquors: *red wine and champagne (histamine)*
- Tannins: *coffee, tea, chocolate, carob, licorice, apple juice*
- Nitrates: meats, such as *bacon, hot dogs, cured meats (pepperoni, salami, etc)*
- Fermented or pickled foods: *pickles, pickled herring, olives*
- Fruits: *oranges, grapefruits, tangerines, lemons, limes, papayas, red plums, tomatoes, avocados*
- Dried fruits: *raisin, dates, apricots, canned figs,*
- *Dairy Products*
- *Eggs*
- *Wheat, freshly baked yeast products*
- Condiments: *mustard, ketchup, and mayonnaise*
- *All seeds*
- Pods of broad beans: *lima, fava, string, garbanzos, lentils, snow peas, chili peppers*
- *Onions*

Additives

- Monosodium glutamate (MSG), a flavor enhancer found often in food from Chinese restaurants and *soy sauce, meat tenderizers, seasoned salt, Accent*
- Aspartame (NutraSweet): *diet sodas*



Elimination Diet – use when trying to identify your food allergy(s)

- Recommend eliminating one or more food group at a time (wheat, dairy, eggs, seafood, nuts and other common triggers) x 2 weeks
- Reintroducing them
- A specific food must trigger a typical migraine headache within 24 hours of consumption at least >50% of times when the food is eaten
- Keep a record of the number and intensity of headaches and other symptoms after re-starting a food group

Rotary Diet

- Some people may be able to reduce the threshold of their food trigger by consuming their trigger food or beverage no less than every 4 days

Gluten-Free Diet

Gluten sensitivity is common and can be a migraine trigger

