

Foods for Migraine Relief

1. Introduction:

- Migraines are intense headaches that can be debilitating and are often accompanied by nausea, sensitivity to light, and other symptoms. Certain foods can help reduce the frequency and severity of migraines by providing nutrients that calm nerve function, reduce inflammation, and balance blood sugar levels.

2. Key Nutrients to Focus On:

- **Magnesium:** Known to help relax blood vessels and reduce the frequency of migraines.
- **Riboflavin (Vitamin B2):** Plays a role in energy production and has been shown to reduce the frequency of migraines in some people.
- **Omega-3 Fatty Acids:** Reduce inflammation, which may help in migraine prevention.
- **Coenzyme Q10 (CoQ10):** Supports healthy energy production in cells and may help reduce migraine symptoms.

3. Top Foods:

Vegetables:

- **Leafy Greens (e.g., spinach, kale):** High in magnesium, which helps calm nerve function and may prevent migraines.
- **Sweet Potatoes(Tubers):** Rich in complex carbohydrates, they help maintain stable blood sugar levels, reducing the risk of migraines triggered by drops in blood sugar.

Processed foods:

- **Quinoa:** A magnesium-rich grain that helps maintain balanced blood sugar levels, which can prevent migraines triggered by low blood sugar.

Healthy fats / Proteins:

- **Nuts and Seeds (e.g., almonds, pumpkin seeds):** Contain magnesium and riboflavin, both of which may help reduce the frequency of migraines.
- **Eggs:** A good source of riboflavin, which has been shown to help reduce migraine attacks.
- **Fatty Fish (e.g., salmon, mackerel):** Rich in omega-3 fatty acids, which reduce inflammation and may help ease migraine symptoms.

4. Scientific Backing:

- A study in The Journal of Headache and Pain found that magnesium supplementation reduced migraine frequency in patients with low magnesium levels.
- Research published in the European Journal of Neurology shows that riboflavin (vitamin B2) can be effective in reducing the number of migraine attacks.
- Link: <https://www.healthline.com/health/migraine/what-to-eat-when-you-have-a-migraine>

5. Fun Fact/Tip:

- **Fun Fact:** Did you know that dehydration is one of the most common migraine triggers? Staying well-hydrated can help prevent migraine attacks.
- **Tip:** Keep a food diary to track potential migraine triggers, such as processed meats, alcohol, or artificial sweeteners, and try incorporating magnesium-rich foods like spinach into your daily diet.

6. Related Lifestyle Changes:

- In addition to eating migraine-friendly foods, ensuring regular sleep, managing stress, and avoiding common triggers (like caffeine or aged cheeses) can help reduce the frequency of migraines.

7. External Links & References:

- Healthline: [Foods that may help manage migraine](#)
- CTA: Proven ways to manage migraine