

THE DIZZY COOK'S

guide to a

MIGRAINE DIET



PRINT OUTS, TIPS & TRICKS FOR
REDUCING MIGRAINE NATURALLY

TOP UNAVOIDABLE MIGRAINE TRIGGERS



BAROMETRIC PRESSURE & WEATHER CHANGES

Lightning was discussed as a top trigger during the 2018 Migraine World Summit. Heat, humidity, strong storms, and high altitude or altitude changes can also be triggers.

HORMONAL FLUCTUATIONS



Menopause, pregnancy, and menstrual cycle can affect migraine frequency



CHANGES TO SLEEP

Sleep deprivation or even getting too much sleep can trigger migraine. Finding a sleep schedule that you can stick to is your best chance to reduce sleep related triggers.

OUTSIDE INFLUENCES



Strong smells or fragrance, smoke, motion, and bright lights can either trigger a migraine or make one worse. Unavoidable, stressful situations that occur without warning can also be an issue.

AVOIDABLE MIGRAINE TRIGGERS

DEHYDRATION

Drink at least half your body weight in ounces each day. An insulated bottle like S'well is great to take with you everywhere, and will help you keep track of how much you're drinking.

EXERCISE

No, don't just stop exercising! A slow walk is an easy way to get moving. For those with vestibular migraine, ballet classes and yoga can improve balance. Modify the poses if positional dizziness or vertigo is an issue.

STRESS...TO SOME EXTENT

Obviously not all stress can be avoided, but making conscious decisions to not put yourself in certain situations can help. Whether it's looking into a job change or practicing mindfulness, make sure you're putting your health first.

REBOUND

Rebound is caused by heavily relying on triptans, caffeine analgesics like Excedrin, decongestants, and opioids. It promotes pain frequency and severity. Do not exceed 10 days per month.

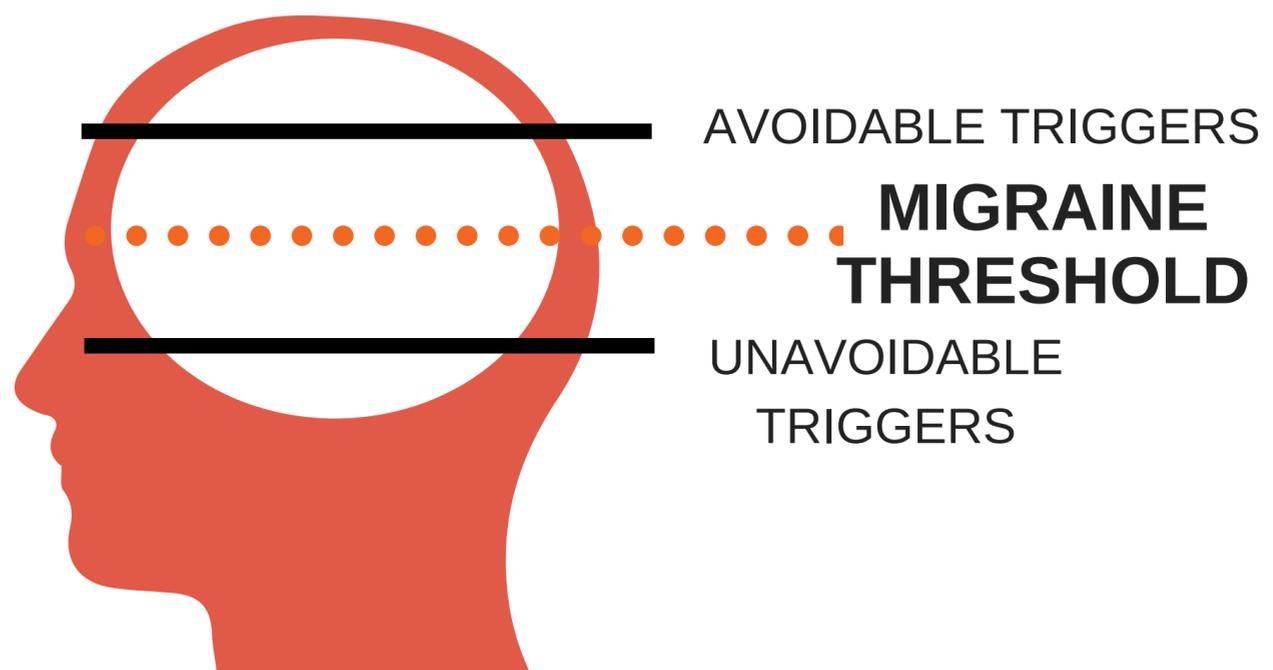
DIET

The reason why you're here! Dietary triggers can include foods that are high in tyramine, histamine, MSG/free glutamate, soy, caffeine, sulfites, additives, nitrites/nitrates

TRIGGER STACKING THEORY

HITTING MIGRAINE FROM ALL ANGLES

The idea of trigger stacking comes from "Heal Your Headache" by Dr. David Buchholz. When you combine triggers you can't avoid with triggers you can avoid, it can push you over your personal migraine threshold. By decreasing the avoidable triggers, plus adding in self-care, exercise, and preventative supplements/medications, you increase your overall threshold for migraine so you can better handle triggers you cannot avoid.



AN ELIMINATION MIGRAINE DIET

The idea behind the HYH migraine diet is to eliminate all food triggers for (at least) 3-4 months until you have decreased your migraine days to an amount you are comfortable with. Then you gradually add in potential food triggers one at a time to see if they are personal triggers. **This can only be done by strict elimination, and is not reliable by occasional avoidance of these foods.**

THE "HEAL YOUR HEADACHE DIET" *trigger* LIST

CAFFEINE

Coffee (including regular decaf), tea, and soda products. Naturally caffeine free coffee and tea is allowed.

CHOCOLATE

Carob is potentially a trigger as well. White chocolate is ok.

MSG

Monosodium glutamate goes by many hidden names. See the next page for a full list and check your labels. Also watch for free glutamate in natural foods. Beware of "natural flavors" and "spices" particularly in savory dishes.

PROCESSED MEAT

Aged, fermented, smoked, tenderized, preserved, marinated, etc. can be full of nitrates and high in tyramine. Store bought marinades usually contain hidden MSG. Most hot dogs, bacon, and sausages, as well as deli meats (pepperoni, salami, turkey etc.), beef jerky, pickled fish, hams, and pates are to be avoided.

AGED CHEESE AND FERMENTED DAIRY

Cheeses aged more than a few weeks should be avoided. This includes Parmesan, Swiss, Asiago, Bleu, Cheddar, Gouda, Gruyere, Romano, Brie, some Feta. Yogurt, sour cream, buttermilk, kefir.

ALCOHOL & VINEGARS

You must eliminate red wine, dark liquors, champagne, and heavy mixed drinks. Vodka and dry (biodynamic) white wines are best tolerated. Balsamic and red wine vinegar are not allowed. Rice wine and white wine vinegar is questionable. Clear distilled vinegar is the best option.

THE "HEAL YOUR HEADACHE DIET" *trigger* LIST

ALL NUTS

This includes nut butters, nut flours (like almond flour) and nut milks. Peanuts, although a legume, are also not allowed.

SOME FRUITS & JUICES

Citrus fruit (lemons, limes, oranges, grapefruit, tangerine, clementine, pineapples), papaya, red plums, raspberries, passionfruit, fig, dates, bananas, and avocado. Kiwi is allowed.

SOME VEGETABLES, SOY, & LEGUMES

Onions and onion powder (although powder seems to be better tolerated), pea pods like snow peas, sauerkraut, broad beans, lima beans, fava, navy, and lentils. Peanuts are not allowed. Soy beans, soy sauce, and other soy products should be eliminated.

FRESH YEAST RISEN, BAKED GOODS

Any breads, especially sourdough, that use yeast and have been baked that day - bagels, doughnuts, pizza dough, soft pretzels, baguettes, etc. You can buy it fresh and wait a day to eat it. Fresh breads without yeast are allowed. Commercial packaged supermarket breads (without additives) are best. Gluten free is not required to start the diet, but many find it helps.

ASPARTAME (NUTRASWEET)

I am personally not a fan of any artificial sweetener, but aspartame is the one specifically called out as a headache stimulant in the book. Some of Dr Buchholz's patients saw a dramatic decrease in their migraine frequency just from eliminating diet soda alone.

LEFTOVERS MORE THAN A FEW DAYS OLD

I usually limit myself to 2 days. Some are more strict than I am. This is particularly important for meat and high protein items. Freeze any leftovers you won't use quickly.

THE HIDDEN NAMES FOR *msg*

STRICTLY AVOID

Anything "hydrolyzed" protein - plan, rice, vegetable, soy, chicken, etc.

Yeast Extract

Autolyzed Yeast

"Natural Flavor or Flavoring" - beef, chicken, vegetable etc. Commonly found in broths, stocks, and bouillon cubes. Be especially careful with savory foods over sweet.

Soy protein concentrate + Soy protein isolate

Textured protein

Whey protein

Pea protein

Any protein fortified items

Malt Extract

Malted Barley

Maltodextrin

Carrageenan

Kombu (seaweed extract) + Ajinomoto + Umami

Sodium or calcium caseinate

Anything with "glutamate" or "monosodium glutamate" (E621-625)

Glutamic acid (found in collagen peptides and other health products like nutritional yeast)

Gelatin (found in many supplements)

Fermented or cultured items

Ultra pasteurized items

Enzyme modified items

Unclear "seasonings" or "spices"

OTHER POTENTIAL TRIGGERS | AVOID IF POSSIBLE

Pectin (E 440)

Modified Food Starch

Citric Acid - allowable if at the end of the list of ingredients, but try to avoid

Dextrose

Xanthan Gum

Locust Bean Gum

Guar Gum

MIGRAINE DIET

FAQ

WHY ARE DAIRY AND GLUTEN ALLOWED?

Dr. Buchholz states that there are other triggers out there, but to list them all would be overwhelming. I know when I first started the diet, the list was like Mt Everest for me when I was experiencing 24/7 symptoms. If you feel overwhelmed reading the "not allowed" list, just start small. If you're not feeling an improvement after 3-4 months of strict adherence, trying eliminating other common, additional triggers like apples, eggs, gluten, dairy, tomatoes, peas, and/or mushrooms. Now that I've been able to add some foods back in, I've recently cut out gluten to see if I can improve even more.

HOW LONG SHOULD I GIVE THE DIET BEFORE I START TO SEE AN IMPROVEMENT?

Obviously this is not an overnight process. I didn't notice a huge improvement until I started re-introducing foods and realized things I was eating everyday previously, like yogurt, would give me instant vertigo. It took me about 3 months to notice I actually had food triggers, and about 6 months to start having 100% symptom free days. Remember that you're not going to be an expert right away and you will mess up your first few weeks, so add this into the time limit you are giving yourself.

WHY DOES MY DOCTOR NOT BELIEVE IN A MIGRAINE DIET?

Did you know most doctors only receive about 4 hours of migraine education in school (according to the Migraine World Summit)? My neurologist thought it was too strict, but is now amazed with my results. Doctors simply don't know enough about it to educate the patient on it, plus they don't believe a patient will put enough time and effort into truly changing their diet. Avoiding coffee, chocolate, and red wine is pointless if you're eating other triggers you don't know about.

MIGRAINE DIET

FAQ

I DON'T HAVE FOOD TRIGGERS, WHY SHOULD I DO THIS?

Are you really sure about that? Because if you're just noticing you don't get a migraine after caffeine or red wine but haven't fully done an elimination diet, chances are that you have no idea what your food triggers could be.

Because some days you will have a light load of external triggers and you can eat trigger foods like chocolate freely because it's not enough to push you over your migraine threshold. Other days, when the load is higher, one bite can send you over the edge. It's impossible to notice this without a full elimination of multiple triggers.

IS IT POSSIBLE TO GET BETTER WITH THE DIET ALONE?

It's definitely possible, but it may take longer or not give you the best results possible. We usually need the help of key supplements and sometimes medication. I have been able to control mine with supplements, medication, and timolol eye drops, which are considered a very mild preventative. Everyone's situation can vary, but best results are usually achieved with medication, supplements, the diet, and mindfulness combined.

THIS DIET DIDN'T WORK FOR ME. WHAT CAN I DO NOW?

Not everyone gets relief from Heal Your Headache and if you find yourself in the boat of eliminating eggs, dairy, gluten, apples, etc. you might want to look into other, more strict diets that work well for migraine. Keto has shown to be great for neurological diseases and The Charleston Diet was formulated to be a more strict version of HYH that also focuses on blood sugar. Some have made great progress with a vegan diet. Choose what works best for you and what you think you will follow closely.

OTHER *resources*

FOCUS ON THE THINGS YOU CAN EAT

VISIT THIS LINK FOR PRINTABLE

LISTS: <https://thedizzycook.com/2018/05/09/foods-allowed-on-hyh/>

SUPPLEMENTS + NATURAL TREATMENTS

VISIT THIS LINK FOR RESEARCH LINKS AND

PRODUCTS: <https://thedizzycook.com/2018/03/08/natural-treatments-for-migraines/>

MORE INFORMATION ON THE HYH DIET

<https://thedizzycook.com/2017/12/07/whatisyh/>

PANTRY STAPLES

LINK TO SOME HYH SAFE PRODUCTS THAT I LOVE:

<https://thedizzycook.com/2018/01/17/pantry-staples-for-the-heal-your-headache-diet/>

HOW TO TRAVEL WITH MIGRAINE

LINK TO MY FAVORITE TIPS &

TRICKS: <https://thedizzycook.com/2018/02/05/traveling-migraine-favorite-products-tips/>

Disclaimer The statements and products referred to throughout this guide are not intended to diagnose, treat, cure or prevent disease or condition. If you have a health condition or concern, consult a physician or your healthcare provider. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement or doing new exercises.