

## **Diet Recommendations for Migraines**

**Eat:** almond milk, watercress, parsley, fennel, garlic, cherries, organic black cherry juice and fresh pineapple. A diet low in simple carbohydrates and high in protein for most Migraine sufferers works well.

**Omit:** from diet foods that contain the amino acid tyramine, including aged meats, avocados, bananas, beer, cabbage, canned Fish, dairy products, eggplant, hard cheeses, potatoes, raspberries, red plum tomatoes, wine, and yeast. Also avoid alcoholic beverages, aspirin, chocolate, MSG and nitrites (preservatives found in hot dogs and luncheon meats)

**Considerations:** Chelation therapy removes toxic metals from the body. Hal A. Huggins, D.D.S has done extensive research on the toxic effects of mercury from dental amalgams. He has found links between mercury toxicity and many debilitating and degenerative diseases, including multiple sclerosis, Parkinson's, arthritis, lupus and migraine headaches. High mercury levels have also been linked to candidiasis.

### **Very Important Nutrients:**

Calcium and magnesium

Coenzyme Q-10

Essential fatty acid (flax seed oil, primrose oil) Vitamin B complex

Vitamin C Ginkgo