What To Eat When Migraines Are Common

When migraines are a common part of your life, the most important thing becomes avoiding more migraines. Some people are triggers by food, and this occurs when the liver and or the blood vessels are compromised and are not preforming their functions as they should. Because the liver is not cleaning the blood or the arteries are not able to expand to accommodate extra needs and adjust from pressure changes, the brain doesn't get the oxygen and nutrients that it needs.

You may or may not know if food is triggering your migraines. If you notice frequently or occasionally that migraines are an issue when you drink wine, eat cheese, travel to higher altitude, fly on an airplane, then this food list can be very meaningful to you. If you don't know what causes your migraines, I suggest you take the migraine test which can be found on this website and in my book, *RealMigraineSolution.com*

Food List

Trigger foods: These foods can trigger migraines because they coagulate the blood (increase blood viscosity/thickness/stickiness) and when circulation is already compromised this can add enough to the equation to tip the scale into a migraine or make one worse.

As these food increase blood viscosity, or sticky blood, they decrease ease of oxygen and nutrient delivery. This increases your chance of having a migraine if you are susceptible. Vitamin K thickens your blood and increases the risk of clotting or high blood viscosity.

The following foods should be avoided in large quantity

1. Foods High In Vitamin K

	Unit of Vitamin K per serving
a. Kale, cooked 1/2 cup	531
b. Spinach, cooked 1/2 cup	444
c. Collards, cooked 1/2 cup	418
d. Swiss chard, raw 1 cup	299
e. Swiss chard, cooked 1/2 cup	287
f. Mustard greens, raw 1 cup	279
g. Turnip greens, cooked 1/2 cup	265
h. Parsley, raw 1/4 cup	246

2. Foods High In Saturated Fat

a. Fatty beef
b. Lamb
c. Pork
d. Poultry with skin
e. Beef fat (tallow)
f. Lard and cream
g. Butter
h. Cheese
i. Other dairy products made from whole or reduced-fat (2 percent) milk.
j. Cheese substitutes and butter substitutes may be high also
k. Some baked goods
l. Fried foods
m. Palm oil
n. Palm kernel oil
o. Coconut
p. Coconut oil
3. Some fermented food
a. Yogurt,
b. Wine
c. Cheese

3. Other foods to avoid during liver healing

a. Pickled foods
b. Excessive caffeine
c. Sodium Nitrates
d. Monosodium Glutamate (MSG)
e. Shellfish, ocean bottom feeders
f. All alcohol

4. Although these foods have some Vitamin K, the levels are low enough that they won't trigger high blood viscosity and do not need to be avoided.

Neutrals

A.	Broccoli, raw 1 cup	89
B.	Cabbage, cooked 1/2 cup	82

C. Green leaf lettuce 1 cup 71
D. Prunes, stewed 1 cup 65
E. Romaine lettuce, raw 1 cup 57
F. Asparagus 4 spears 48
G. Avocado 1 cup 30-48
H. Tuna, canned in oil 3 ounce 37
I. Blue/black-berries, raw 1 cup 29
J. Peas, cooked 1/2 cup

Food that thins the blood and reduces your chances of getting a migraine:

1. Spices

a. Curry powder
b. Cayenne pepper
c. Ginger
d. Paprika
e. Thyme
f. Cinnamon
g. Dill
h. Oregano
i. Turmeric
j. Licorice
k. Peppermint

2. Vitamins

a. Vitamin E
b. Vitamin B6
c. Vitamin B2
d. Vitamin D
e. Omega 3
   i. Anchovies
   ii. Salmon
   iii. Albacore tuna
   iv. Mackerel
   v. Lake Trout
   vi. Herring

3. Fruits

a. Raisins
b. Prunes (In moderation, some vit K)
c. Cherries
d. Cranberries
e. Blueberries
f. Grapes
g. Strawberries
h. Tangerines
i. Oranges
j. Watermelon
k. Cantaloupe
l. Peaches
m. Fruits high in moisture
n. Coconut water

4. Vegetables

a. Onions
b. Garlic

5. Liquids

a. Water
b. Pure fruit juice
c. Herbal tea

You can heal your body from migraines by following the healing protocol found in my book, *Migraine Protocol*. Until you no longer have migraines, or you liver or blood vessels are healed, You will want to follow the food guideline above. Once you are well, then you can enjoy these foods again as you would like.

Happy eating.
Find more information at *realmigrainesolutions.com*.