

MIGRAINE HEADACHE PREVENTION PROGRAM

FOODS TO AVOID:

CAFFEINE (coffee, tea, iced tea, cola) - taper over 2 weeks, then none; decaffeinated versions are OK

CHOCOLATE

CHEESE (excepting cream, cottage and American cheese; including pizza and macaroni with cheese)

YOGURT & SOUR CREAM

NUTS (including peanut butter)

PROCESSED MEATS (those that are aged, canned, cured, marinated, tenderized or contain nitrates or nitrites; including hot dogs, sausage, bacon, salami, bologna)

ALCOHOLIC DRINKS (especially red wine, champagne, and dark or heavy drinks; vodka is best tolerated)

MONOSODIUM GLUTAMATE (Chinese restaurant food, many snack foods and prepared foods, Accent and other seasoning products; read labels)

CITRUS FRUITS & JUICES (oranges, grapefruits, lemons, limes, pineapples - and their juices)

CERTAIN OTHER FRUITS (bananas, raisins, red plums, canned figs, avocados)

CERTAIN VEGETABLES (broad, lima, Fava, and navy beans; pea pods, sauerkraut, onions)

CERTAIN BREADS (homemade yeast breads, sourdough breads, other yeast-risen baked goods)

MEDICATIONS TO AVOID:

CAFFEINE-CONTAINING MEDICATIONS (Excedrin, Anacin, Fiorinal, Fioricet, etc.)

SINUS/DECONGESTANT MEDICATIONS (Actifed, Sudafed, Dimetapp, Sine-Aid, Dristan, nasal sprays, certain other sinus and cold products; plain antihistamines without decongestants are OK; check with your pharmacist)

VASOCONSTRICTORS (ergotamines, Isometheptene (Midrin), adrenergic agonists)

VASODILATORS (nitrates, hydralazine, etc.)

HORMONES (oral contraceptives, estrogen replacement therapy, danazol, Clomid)

NOTES:

This migraine headache prevention program may not be fully effective until you have been on it for at least one month. In some cases, this program may never adequately control migraine symptoms. In such cases, the addition of migraine-preventive medication may be advisable.

Even if you take migraine-prevention medication, you should follow this program. Without this program, migraine-preventive medication may not have an opportunity to work.

You should strictly follow this program until your migraine symptoms are adequately controlled. Then, you may wish to "experiment" with an item you have been avoiding, trying one-at-a-time so that you can assess its individual effect on your symptoms.

If eating or drinking an item is associated with symptoms, you should continue avoiding that item.

Keep in mind that symptoms may not occur for as long as 24 hours after consuming an item on this list.