

## **NUTRITION**

For patients with refractory headaches, we may recommend the so-called "migraine diet". It is not really a diet, but a list of foods that may trigger a migraine and that should be avoided: wine, beer, chocolate, coffee, hard or aged cheeses, dried fruit, yogurt, citrus fruit and bananas. Not every patient will develop a headache from every food listed. Keeping a diary may help you to identify your particular triggers.

Some patients report good relief from headaches and associated symptoms after eliminating all wheat and/or dairy products. Improvement usually occurs within a week or two after the diet is started.

More information on the role of dietary factors in headache can be found in Dr. Mauskop's book *The Headache Alternative: A Neurologist's Guide to Drug-Free Relief*, published by Dell.