

What is Migraine?

A migraine is a strong, throbbing headache that often comes with nausea, vomiting, and sensitivity to light

Common symptoms of Migraine

Headache

common migraine without aura is a severe headache with pain, typically on one side of the head

Throbbing Pain

debilitating throbbing pain that can result in inability to move, being bed-bound and unable to function for the duration of the migraine

Nausea & Vomiting

severe sickness or feeling sick often triggered by external smells and odours or in response to migraine pain

Temperature changes

Fluctuating body temperature incl. hot flushes, sweating and cold chills

Dizziness & Blurred vision

complicated migraines with auras often include visual symptoms (seeing spots, sparkles, or lines) or blurred vision, or loss as well as other sensory symptoms such as pins and needles

Heightened Sensitivity

heightened sensitivity to movement, heat, light, noise and odours, and worsening of migraine when exposed to any or all of these stimuli



Migraine Triggers

Migraine attacks can be triggered by a variety of factors

There are many different things that can trigger a migraine and these will vary in each individual. They include fatigue and extreme tiredness, emotional or psychological stressors, pronounced hunger or fluctuating blood glucose levels from missing a meal, dehydration, excessive caffeine and alcohol (or from withdrawal), sensitivity to specific chemicals and preservatives in foods, exposure to smoke, perfumes and odours, flashing lights, female hormones and menstrual cycle, medications, lack of sleep, weather changes, loud noises and more.

Diet & Nutrition

Diet and Lifestyle support for Migraine

There are many ways to support migraines with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. There is no cure or singular treatment for migraine, however it can be successfully supported with dietary and lifestyle recommendations to manage frequency and severity of symptoms and occurrence.

