

# Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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## MIGRAINE HEADACHES

A **migraine** begins when hyperactive nerve cells send out impulses to the blood vessels, causing them to clamp down or constrict, followed by dilation (expanding) and the release of prostaglandins, serotonin, and other inflammatory substances that cause the pulsation to be painful.

Some specific foods and drinks are migraine triggers for some people.

- Aged cheeses: blue cheese, mozzarella, feta, cheddar, parmesan
- Alcohol: red wine, beer, whiskey, champagne
- Caffeine: coffee, chocolate, tea, colas, sodas
- Pepperoni, hot dogs, luncheon meats
- Bread and other baked goods
- Dried fruits
- Smoked or dried fish
- Potato chips
- Pizza, peanuts, chicken livers, and other specific foods

Natural chemicals in foods, food additives, and beverages can also trigger migraines.

- Tyramine, a substance found naturally in aged cheeses, and also found in red wine, alcoholic drinks, and some processed meats.
- Food additives/preservatives like nitrates and nitrites found in hot dogs, ham, sausage and other processed or cured meats, salads in salad bars.
- Monosodium glutamate (MSG) in Chinese food.
- Alcohol -- specifically the impurities in alcohol or by-products your body produces as it metabolizes alcohol.

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