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# classical migraine control

prepared for. \_\_\_\_\_

date. \_\_\_\_\_

**The elimination of the following foodstuffs has proven effective in preventing classical migraine:**

- caffeine (coffee, tea, cola)
- chocolate
- shellfish
- nuts
- excessive salt
- cheese, sour cream
- fried eggs
- monosodium glutamate (oriental food)
- preservatives (nitrites, nitrates)
- food coloring (pectin, red dye, etc.)
- red meat (purines)
- condiments (spices, ketchup, etc.)
- refined carbohydrates (sugar, white starch)
- alcohol (especially red wine)
- aspartame (nutrisweet)
- analgesics (ASA, acetaminophen)
- fiorinol
- excessive dairy intake
- ice cream
- excessively hot or cold beverages
- licorice
- deep fried foods
- saturated foods

**The following nutritional supplements have been helpful in migraine management:**

- zinc
  - l-tryptophane
  - tyrosine
  - fever few (herb)
  - vitamin A
  - vitamin E
  - B complex
  - magnesium
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