



DO'S & DON'Ts

IN VESTIBULAR MIGRAINE

LIFESTYLE MODIFICATIONS



**REGULATED RELAXED
LIFESTYLE**



**PROPER DIET - AVOIDING FOODS
COMMONLY KNOWN TO
TRIGGER MIGRAINE**



**ADEQUATE REST AND
SLEEP**



**AVOIDANCE OF TRIGGERS LIKE
EXPOSURE TO SUN /
LATE NIGHT PARTYING**



**MODERATE PHYSICAL EXERCISE
ESP. VESTIBULAR PHYSIOTHERAPY**



**STRESS MANAGEMENT /
REDUCTION OF
MENTAL ANXIETY & TENSION**

AVOIDANCE OF FOOD KNOWN TO TRIGGER MIGRAINE



**FROZEN, CANNED, OR
PRE PACKAGED FOODS**



CHOCOLATES



COFFEE (WITH CAFFEINE)



**COLD DRINKS CONTAINING
CAFFEINE**



CHEESE



POTATO CHIPS



**CHINESE FOODS CONTAINING
MONOSODIUM GLUTAMATE**



RED WINE



PEANUTS



**BREADS AND OTHER PRODUCTS
THAT HAVE YEAST**



PROCESSED MEATS



SMOKED FISH

AVOIDANCE OF FOOD KNOWN TO TRIGGER MIGRAINE



**FOODS THAT CONTAIN HIGH HISTAMINE
LIKE TOFU AND SOY SAUCE**



FOODS WITH VINEGAR



MUSHROOM



OVER-RIPE FRUITS



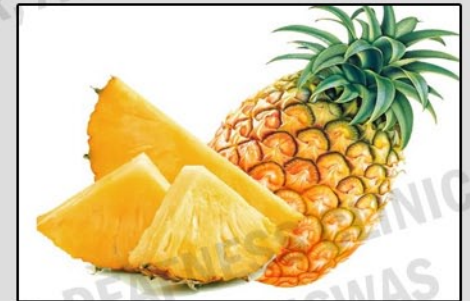
KIWI



LEMON



LIME



PINEAPPLE



PLUMS



PAPAYA



BEANS & PULSES



TOMATOES

MIGRAINE FREE FOODS - THE 'YES LIST' YOU MAY HAVE

BEVERAGES

Non-citrus Fruit Juices, Naturally Decaffeinated Coffee & Tea*, Herbal Teas (Chamomile, Peppermint, etc.), Aspartame - free Sodas, Caffeine - free Sodas

GRAINS

Baked breads older than 24 hours, Granola, Oats/Oatmeal, White Rice, Brown Rice, Wild Rice, Quinoa, Polenta, Pasta, Couscous, Buckwheat, Amaranth

DAIRY

Milk Cream, Deli-sliced American Cheese, Cream Cheese, Cottage Cheese, Ricotta, Mozzarella, Goat Cheese, Ice Cream

MEATS

Fresh : Beef, Chicken, Fish, Pork*, Turkey (beware of preservatives, flavorings, added MSG or nitrates in deli meats)

FRUITS

Apples, Apricots, Berries (except Raspberries), Cherries, Cranberries, Grapes, Mangoes, Melons, Nectarines, Peaches, Pears, Dried Fruits not containing sulfites

*** MAY NOT BE TOLERATED BY SOME PEOPLE**

MIGRAINE FREE FOODS - THE 'YES LIST' YOU MAY HAVE

VEGETABLES

Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard, Corn, Cucumbers, Endive, Fennel, Garlic, Leeks, Lettuces, Okra, Peas (without pods), Peppers, Potatoes, Raddichio, Scallions, Shallots, Spinach, Spring Onions, String Beans, Squash, Sweet potatoes, Turnips, Zucchini

NUTS & SEEDS

Poppy Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds

HERBS & SPICES

All Fresh & Dried Herbs & Spices (check spice blend labels for MSG, 'natural flavors', onion powder, preservatives, anti-caking agents, etc.)

SNACKS

Stove - top or Air-popped Popcorn, Pretzels not older than 24hrs, Corn Chips

DESSERTS

Cakes & Cookies (without nuts, raisins, citrus, or chocolate), Sorbet, Ice Cream*

*** MAY NOT BE TOLERATED BY SOME PEOPLE**

MANAGING MIGRAINE WITH SUPPLIMENTS



MAGNESIUM

Great for managing anxiety, promoting good sleep, and aiding with brain fog, cognitive impairment, and memory loss. Also proven as a migraine preventive.



RIBOFLAVIN / B2

Helpful for energy as well as studied as an effective migraine preventive. Many with migraine are B2 deficient.



GINGER

Studies have shown that just a small amount of ginger can be just as effective as aborting attacks as a triptan.



VITAMIN D

Many with migraine disorders are deficient in vitamin D. This vitamin can help reduce inflammation and is highly recommended for prevention.

VESTIBULAR EXERCISES



Vest. exercises helps to achieve habituation to visual motion stimuli (for visually induced symptoms)



Corrects postural stability



Restores confidence; attenuates headaches too

Effective standalone or in combination with pharmacotherapy for VM

PROTECTIVE MEASURES



Photo-sensitivity

Light stimulates trigeminal nerve even in blind migraineurs

Dark goggles not suggested as it increases dark adaptation

FL-41 optical tint indoor sunglasses to avoid retinal dark adaptation and block blue-green wave-lengths



Vibes ear plugs that reduce decibel levels without affecting sound clarity.