

Allergy Clinic, P.A.

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Diplomates of American Board of Allergy and Immunology

MIGRAINE (VASCULAR) HEADACHES

Non-Allergic Physical Precipitants of Migraines

- Chronic loss of sleep
- Bright lights, loud noises, and other physical stress
- CRT screens
- Fall in barometric pressure (as when a front passes through)
- Hypoglycemia (missing a meal or prolonged interval between meals)
- Menstrual periods
- Becoming overheated
- Odors (perfumes) / Fumes (cleaning products) / Smoke
- Certain medications such as birth control pills, Chlorquine, Indomethacin, and anticonvulsants such as Ethosuximide may also precipitate attacks of vascular headache.

Non-Allergic Food Precipitants of Migraines

- Foods which contain tyramine, B-phenylethylamine, and other vasoactive amines: Cheese (all except cottage cheese), Pizza, Chocolate, Chicken livers, Nuts, Peanuts, Peanut butter, Onions, Garlic, Mushrooms, Navy/Lima beans, Smoked and pickled meats and fish.
- Nitrite and Nitrate containing foods: Smoked fish, Salami, Bologna, Pepperoni, Bacon, Frankfurters, Corned beef, Pastrami, Canned ham, Sausage, Spinach, Beets, Radishes, and Lettuce.
- Foods containing monosodium L- glutamate (MSG): Soy sauce, Chinese food, Instant and canned soups, Gourmet Seasonings, Some potato chip products, (read the label), Instant gravy, Certain processed meats, Some dry roasted nuts, (read the label). TV Dinners, and meat tenderizers such as Accent.
- Caffeine containing foods: Coffee, Tea, Cola, Chocolate, and many prescription / non-prescription drugs(read the label)
- Alcoholic Beverages: Beer, Wine, and other alcoholic beverages
- Foods that have been associated with headaches for unknown reasons: Sour cream, Yogurt, Cinnamon, Black pepper, Cabbage, Sauerkraut, and Cole slaw.

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