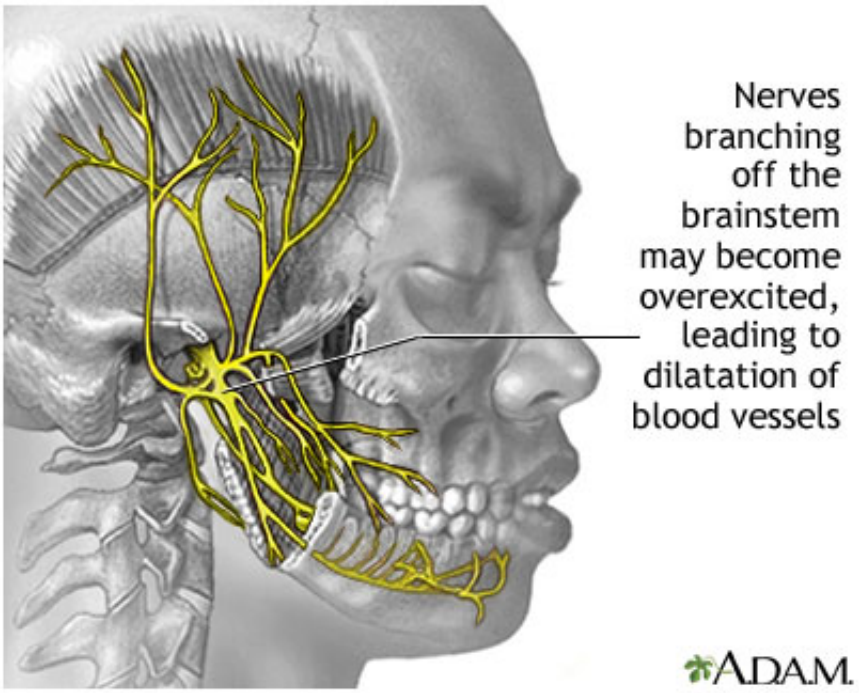
One Potential Migraine Cause

by NEWLIFEOUTLOOK TEAM

The Central Nervous System as a Cause

Your migraines may actually be triggered by certain foods. If you have migraines, you should try eliminating processed foods, which you'll largely find at fast food restaurants or in pre-packaged meals. Chocolate can also be a trigger along with baked goods, nuts, and dairy products, so you should likely avoid most really sweet desserts. Sodium nitrates that are found in bacon, hot dogs, and cured meats that you get from a deli is another trigger to avoid. Usually, migraines have a common trigger. Rather than creating a diet to avoid all of these foods, try to think about what you do in a day before you get a migraine. If you find that you have a migraine after eating these foods in a day, avoid eating that food for a while to see if the frequency of your migraines decreases.



One theory of the cause of migraine is a central nervous system (CNS) disorder. The CNS consists of the brain and spinal cord. In migraine, various stimuli may cause a series of neurologic and biochemical events which affect the brain's vascular system.