

FOODS THAT CAN HELP PREVENT MIGRAINE ATTACKS:

GINGER HAS PAIN RELIEVING AND ANT-INFLAMMATORY PROPERTIES



CELERY IS RICH IN FLAVONOIDS AND CAN IMPEDE THE INFLAMMATORY RESPONSE IN BRAIN CELLS



WATER, AS A GENERAL RULE, 6 TO 8 GLASSES SHOULD BE SUFFICIENT FOR YOUR BODY AS DEHYDRATION CAN TRIGGER A MIGRAINE ATTACK



CHILIES PROVIDE A CONCENTRATED SOURCE OF VITAMIN B2 AND MAGNESIUM



QUINOA IS A GOOD SOURCE OF MAGNESIUM WHICH CAN HELP REDUCE HEADACHES



SPINACH CONTAINS IRON, FOLIC ACID AND VITAMIN B WHICH CAN DECREASE MIGRAINE ATTACKS



SESAME SEEDS HELP PREVENT BLOOD VESSEL SPASM THAT COULD TRIGGER A MIGRAINE ATTACK



INCORPORATING THESE FOODS INTO YOUR DIET WILL AID IN PREVENTING MIGRAINE ATTACKS.