

Migraine: Awareness of triggers is half the battle won.

[< All episodes](#)

We Are What We Eat: Pay The Farmer Not The Pharmacy

- November 2, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 34

1. [Migraine: Awareness of triggers is half the battle won.](#)

LISTEN ON



<?xml version="1.0" encoding="UTF-8"?>

<?xml version="1.0" encoding="utf-8"?>

<?xml version="1.0" encoding="utf-8"?>







[<?xml version="1.0" encoding="UTF-8"?>](#)

SHARE EPISODE

Link

Show Notes

Show Notes

For those who suffer it, migraines are a painful, unexpected & debilitating condition. They are often genetic with no known cure. Common triggers are stress, lack of sleep, hormonal changes, alcohol, hunger etc. There is not enough evidence that some foods can cure migraines. Results widely vary from person to person. For instance, coffee is known to help some, harm others.

So, what is one to do?

Find out more at <https://umaglobalfoods.com/blog/>