

To Treat Chronic Ailments, Fix Diet First

**MIGRAINE: AWARENESS OF TRIGGERS IS
HALF THE BATTLE WON.**

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Migraine: Awareness of triggers is half the battle won. 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?

Be aware of the triggers. Stay hydrated.

Some don'ts: Tyramine is a chemical present in several foods like wine, beer, aged cheese, and some other fermented foods (including some over ripe fruits) that has been linked to migraines. Watch out for triggers when you consume these foods and learn to avoid them. Also avoid processed foods.

Some dos: Follow a low Tyramine diet that includes fresh vegetables, fruits, (not too ripe) wholegrains and plenty of fluids. Foster an alkaline environment.

Join us today, as we learn a bit more about food choices and migraine, hydration, alkaline foods and wisdom from TCM and Ayurveda

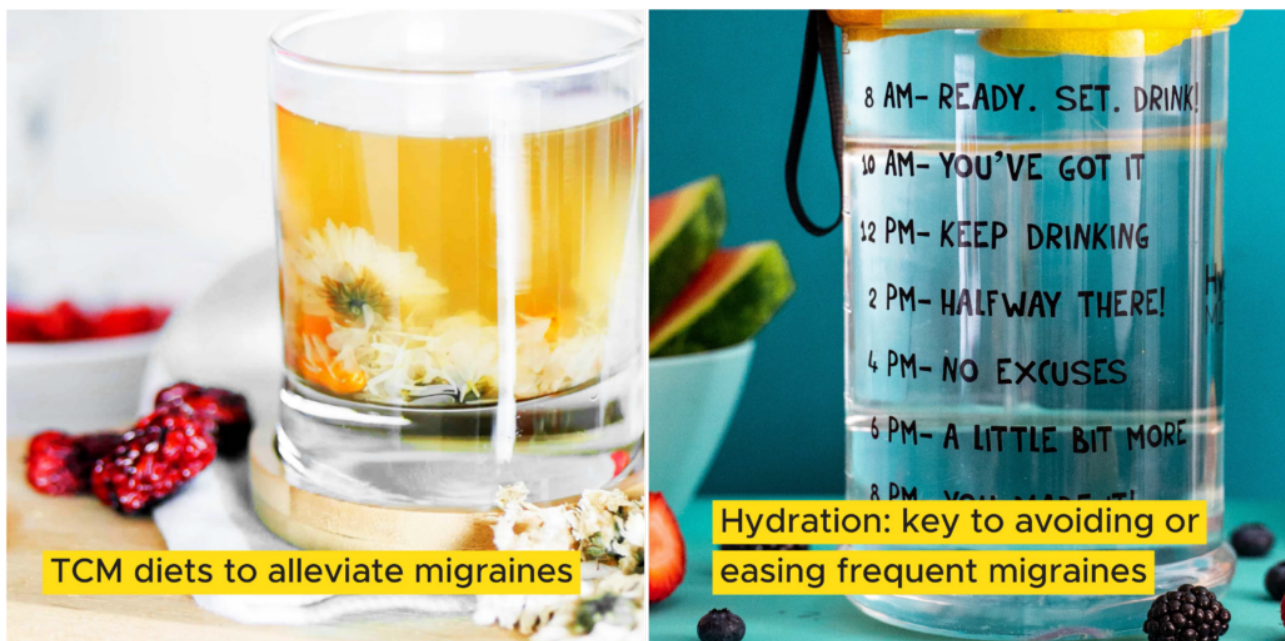


pHear not! Alkaline vegetables to the rescue

Through a self-healing process known as homeostasis, our body reaches for alkaline minerals like calcium, magnesium and potassium to help achieve an ideal blood pH of 7.365. Unlike meats, some fruits & vegetables produce alkali when metabolised. Crucifers like broccoli, kale, cabbage & asparagus are examples of alkaline vegetables. They also contain glucosinolates which are under research for their potential to prevent cancer.

Acidity: Ayurveda prescribes diet to calm 'Pitta dosha' symptoms

Acidity symptoms – heartburn, reflux, indigestion, migraines – can be greatly alleviated through diet, and Ayurveda's time-tested lexicon of beneficial & avoidable foods are a good guide. Highly recommended is a diet rich in green veggies, whole grains, lentils, light juicy fruits, carminative spices like cumin, cardamom, fenugreek that soothe digestion. Avoid or moderate sour or sharp foods like vinegar, tomatoes, citrus, chilies, onions, garlic.



TCM: Migraines may be genetic, but the right diet can alleviate them

TCM has understood the link between specific foods, the

dietary reduction of acid levels and migraine alleviation. A low-glutamine, whole grain like barley is particularly recommended, along with foods rich in Vit C & E. TCM also specifically prescribes red dates, chrysanthemum flower tea to nourish blood & Qi energy. Avoidable are spicy foods, caffeine-rich beverages, processed meats, cheese, chocolate, as they trigger acidity, leading to migraines.

Hydration: key to avoiding or easing frequent migraines & headaches

Dehydration actually causes brain tissue to shrink up, triggering migraines & headaches. Stay hydrated with plain water, electrolytes, infused waters, juicy vegetables & fruits. Eating magnesium-rich almonds or almond milk helps, as do ginger tea, fruits like watermelon & cucumber. Watermelons are full of water, magnesium, potassium. Interestingly, honey has minerals that aid blood vessel relaxation, and promote blood and oxygen flow to the brain.



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