

### **Common Migraine Triggers:**

- Emotional stress
- Dehydration
- Menstrual periods
- Changes in normal sleep pattern
- Extreme fatigue
- Specific foods and beverages
- Excess caffeine intake or withdrawal
- Skipping meals; fasting
- Changing weather conditions
- Exercise
- Smoking
- Bright and flickering lights
- Odors

### **Additives:**

- Aspartame
- Tyramine, a substance found naturally in aged cheeses, and also found in red wine, alcoholic drinks, and some processed meats.
- Food additives/preservatives like nitrates and nitrites found in hot dogs, ham, sausage, and other processed or cured meats.
- Monosodium glutamate (MSG) in Chinese food.
- Alcohol -- specifically the impurities in alcohol or by-products your body produces as it metabolizes alcohol.

### **Other Common Food or Beverage Triggers:**

- Aged cheeses: blue cheese, mozzarella, feta, cheddar, parmesan
- Alcohol: red wine, beer, whiskey, champagne

- Caffeine: coffee, chocolate, tea, colas, sodas
- Pepperoni, hot dogs, luncheon meats
- Bread and other baked goods
- Dried fruits
- Smoked or dried fish
- Potato chips
- Pizza, peanuts, chicken livers, and other specific foods
  
- **Factors which may change the seizure threshold or act as triggers (prompt a seizure to occur) include:**
  - lack of adequate, regular sleep
  - missed medication
  - drug toxicity (too much medication)
  - poor nutrition (eating junk food or meals that are not nutritionally balanced)
  - caffeine
  - boredom, lack of activity or interest
  - extreme fatigue
  - drug abuse
  - consumption of alcohol
  - bladder too full (putting off urinating)
  - fever, colds, infections
  - constipation
  - menstrual cycle
  - heat and/or humidity
  - consumption of large amounts of food or drink at one time

- **emotional stress (divorce, death, anxiety, embarrassment, fear, feeling bad about oneself)**
- **Beta Mind**
- These individuals suffer from anxiety and stress. They have diminished EEG power and too much fast wave activity. They may have intestinal absorption problems (intrinsic factor etc). Other problems include headaches, oversensitivity to stimuli, insomnia, dizziness, racing heart and palpitations, lightheadedness, and facial tics. They often overcontrol their emotions and are uncomfortable or inhibited in social situations.
- **B-Complex, B12**
- **Calcium, Magnesium, Phosphorous, Potassium**
- **ALA, Omega 3, Flaxseed Oil**
- **Gaba**
- **Adrenal Support, Yeast**
- Alpha Mind
- These individuals suffer from anxiety and depression. They have low energy, sleep too much or too little, overeat or undereat, fogginess, irritability, moodiness, lack of motivation, constipation, low libido, difficulty making decisions. They have difficulty identifying their feelings, ruminate, harbor negative thoughts and often avoid social situations.
- **B6, B9, B12, D**
- **Selenium**
- **Omega 3, Flaxseed Oil,**
- **Phenylalanine, DHEA, DHA, ALA**
- **Tyrosine, 5HTP**

#### Theta Mind

They are disorganized and often impulsive emotionally and verbally. They go off on tangents in conversation and often misunderstand what you are telling them. They have short attention spans and are impatient with themselves and others. They crave immediate gratification and will manipulate others to get it. They may have difficulty with working and short term memory as well as reading comprehension. They often end up in misunderstandings and conflicts with others

- **B6, C**
- **Iron, Magnesium, Zinc**
- **Omega 3, DHA, EPA, ALA**
- **Tyrosine**

#### Delta Mind

- They have many problems with memory and cognitive functions. They are generally slow to respond and may be depressed. They may be very flat in their emotional expression and are weak and tire easily in social interactions. Often they have suffered exposure to toxins or have had a head injury or TBI.
- **B Complex, B12, E, C**
- **Omega3, Omega 6**
- **EPA,ALA,DHA**
- **Vanadium**
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