



MIGRAINES

What are migraines?

Migraines vary from person to person but are generally categorised by an intense throbbing or pulsing ache in the head. Migraines are typically felt on one side of the head, can be accompanied by nausea or vomiting, may cause extreme sensitivity to light and can last for days.

What causes migraines?

After ruling out other triggers – such as dehydration, insomnia, stress and structural issues – food and environmental allergies and sensitivities remain a widely known cause. In fact, up to 20 per cent of people who experience migraines report certain foods as the major trigger for their migraines.

Migraines can also be sparked by sinus allergy symptoms, such as sneezing and congestion. This is because these symptoms may cause inflammation and pressure in the sinus area.

At Health & Wellness Australia (HWA), many of the clients we see for migraines often report accompanied digestive symptoms, such as bloating, gas or diarrhoea, which can also be associated with a reaction to food(s).

More about migraines and food sensitivities

While some foods and food chemicals are well known migraine triggers, there are others that are harder to recognise and avoid. Some of these foods may even pose a heightened threat to migraine sufferers, due to the fact that they contain more than one potential trigger. Common offenders include:

- **alcohol** – which may contain sugars, yeast, moulds, preservatives and sulphites
- **dairy products** – which may contain dairy, mould, amines, glutamates and sugars
- **coffee, tea and chocolate** – high in amines, sugar, dairy, soy and pesticides
- **protein powders** – which may contain glutamates, as well as artificial sweeteners and preservatives
- **dried fruit and cured meats** – which may contain added sugars and preservatives.
- **fruit juices** – which may contain added sugars and preservatives.

Natural allergy treatment for migraines

At Health & Wellness Australia (HWA) we use a technique called muscle testing (or kinesiology) to help identify your food sensitivities. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT). PAT is a non-invasive holistic therapy, which:

- draws on acupressure and kinesiology techniques
- aims to re-train your body
- may reduce your reactions to foods that may be causing or exacerbating migraines, including sugars, dairy, gluten and yeast.

Some cases may be complex and can often be associated with other symptoms, such as digestive issues and sinus allergies. So our naturopaths may also recommend supplements, herbs and lifestyle advice to help you achieve the best long-term results.

This fact sheet is intended as general information only. PAT cannot cure migraines – it is intended to decrease reactions and help manage migraine-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.