

MIGRAINE DURING BREASTFEEDING



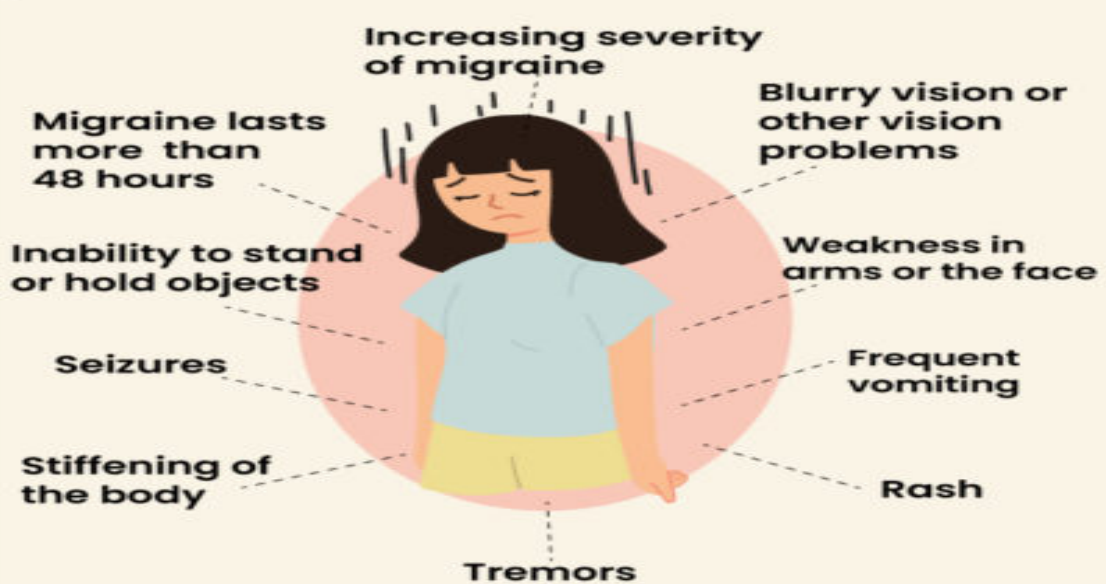
Avoid the triggers to reduce the frequency of migraines. If the pain is unbearable or if you show any concerning signs, consult a neurologist.

Potential Migraine-inducing Foods



Note: The triggers may vary in each person. Since a few of the above triggers are nutritious sources, consult a dietitian before removing them from your diet.

When To Visit A Doctor?



References

1. Headaches And Food; Cleveland Clinic
2. Diet And Headache Control; American Migraine Foundation
3. Know Your Headaches; Cedar Sinai
4. Headaches And Migraines: When To See A Neurologist?; Beaumont