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The Eating Plate and Nutraceutical Advice for Migraine

Guest Editors:

Prof. Dr. Jean Schoenen

Headache Research Unit,
Department of Neurology,
University of Liège, B-4000 Liège,
Belgium

Dr. Marco Lisicki

Neuroscience Unit, Conci
Carpinella Instiute Urquiza 358,
5000 Córdoba, Argentina

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Message from the Guest Editors

Many migraineurs report that dietary factors can precipitate their attacks. Although not all eating plate nutrients incriminated by patients withstand rigorous prospective assessment, there is evidence indicating that migraine can be aggravated and/or triggered in certain patients by fasting, alcohol intake, excessive caffeine consumption, insufficient intake of B vitamins, or unhealthy dietary habits. On the other hand, particular diets and nutraceuticals were shown to be beneficial as migraine preventives.

The purpose of this Special Issue is twofold. First it will feature three invited reviews where the scientific data, and significant research gaps concerning the metabolic aspects of migraine, the role in its pathogenesis of the brain-gut-eating plate triad, and present or future targeted therapeutic interventions, including diets and nutraceuticals, will be extensively discussed. Second, given the topic's complexity, recent emerging hypotheses, and the lack of evidence in several aspects, we encourage authors to publish their original research work in this Special Nutrients Issue "The eating plate advice for migraine".



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Special *Issue*



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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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