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The Eating Plate and Nutraceutical Advice for Migraine

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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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