There have been studies that showed that foods that are not good for our bodies can actually produce toxins, which lead to inflammation in the body, which can lead to migraine.

Employing food as medicine is more beneficial than taking supplements or pharmacological medications.

Food may or may not be a migraine trigger for you. Often, it's a combination of other factors that's more likely to trigger migraine.

Magnesium, widely known to be beneficial to the migraine brain, can be found in such foods as dark green, leafy vegetables; nuts, especially cashews; avocados; and oily fish, like salmon.

Omega-3's — fatty acids found in flax seeds, fish, and walnuts — increase good cholesterol, while omega-6's — found in vegetable, safflower, and corn oil — decrease good cholesterol and can lead to cardiovascular issues. Unfortunately, these are a large part of the Standard American Diet (SAD).

Incorporate the acronym DREAMS into your lifestyle: Diet, Respirations (breathing exercises), Exercise, Altruism, Mindfulness, and Sleep.

Eat more FOOD — Fruits and vegetables, Only complex carbohydrates, Organic foods, and Drink more water — and less CRAP — Cheese and other dairy foods, Refined sugars, Artificial sweeteners, and Processed foods.

Consider using Dr. Andrew Weil's Anti-Inflammatory Diet & Food pyramid when making food choices.

Try to incorporate more omega-3's than omega-6's into your diet.

Check out the website rehabneuro.us to learn more about Dr. Savage-Edwards.