

## Things Migraineurs Should Avoid

From **Tuliv Migraine Defense**

Visit us at [www.Tuliv.com](http://www.Tuliv.com) or Call 1-866-367-5953

**T**here has been much talk about what migraineurs should avoid: foods, drinks, additives and medicines. This discussion of “triggers” has been going on since the Greeks first started using the word *migraine* to describe a particular type of headache. Triggers are not the reason you have migraines. Your DNA is the reason. How your body reacts to the production of hormones is the cause. Triggers are variants that can kick-start the migraine syndrome into action. The pain is real.

**Triggers:** Although there are many variations of triggers, when it comes to foods and supplements, there are two things that you should avoid to help you from getting a migraine headache. Namely they are things that raise the level of **nitric oxide** and/or **tyramine** in the body.

Generally speaking, most migraines cannot be prevented by only avoiding triggers.

True migraine prevention involves controlling the biological cause. Tuliv is the only research program that is directly addressing this migraine issue and Tuliv Migraine Defense is the only product that works on the cause of migraines to give you the best opportunity to live a migraine-free life.

Many migraineurs fail to realize that drugs prescribed by doctors, brand name products, or something that comes from a health food store could be a major contributing factor to their migraine problem and trigger a headache. Keep in mind that supplements and other products from health foods stores may contain ingredients that could be contributing to your migraines.

Birth control pills (including shots and rings), hormone replacement therapy, blood pressure medications and many other prescriptions drugs have been found to trigger migraines. If the frequency of your migraines increases or the intensity worsens, review what has changed during past 30 days.

If you have any questions, please call us at 1-866-367-5953 (9-4 CST M-F) or visit [www.Tuliv.com](http://www.Tuliv.com).

### Ingredients to Avoid

Remember Eileen's rule when reading labels: "If grandmother didn't use it in a recipe, don't eat it today."

#### **Read labels to avoid anything containing the following:**

**Acidophilus**      Acidophilus, found in yogurt and other products, can be a problem for some migraineurs. If you are eating yogurt regularly, stop for ten days and see if that has an effect on the frequency or severity of your headaches. Acidophilus increases level of **nitric oxide**.

**Arginine**  
**L-Arginine**      Arginine is a precursor of **nitric oxide**, which causes blood vessel relaxation (vasodilatation). Arginine is an amino acid that is essential for children but not for adults. According to the Mayo Clinic, most people likely do not need to take arginine supplements because the body usually makes sufficient amounts.

**Artificial**  
**Sweeteners**      You should avoid all artificial sweeteners and the products that contain artificial sweeteners. According to market analysts, by the end of 2007 there were nearly 5,000 products sold in the US containing artificial sweeteners. Read labels of drinks including bottled teas, flavored waters, sports drinks, etc. and avoid all artificial sweeteners.

**MSG**      Monosodium glutamate (MSG). MSG is a food additive that is commonly marketed as a "flavor enhancer". Unfortunately this ingredient is disguised by other names including sodium glutamate, flavour enhancer 621, EU food additive code: E621, HS code:

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29224220, IUPAC, 2-aminopentanedioic acid, 2-aminoglutaric acid, and product names such as Ajinomoto, Vetsin, or Accent, sodium salt of glutamic acid. When you see the words "Natural Flavorings", beware that these may actually contain MSG. For more information on MSG go to <http://www.msgmyth.com>

### Proteinase enzymes

Concentrations of **tyramine** and histamine are higher in cheeses made from milk with neutral proteinase. Enzymes, such as pepsin, trypsin, or papain should be avoided.

### Tyramine

**Tyramine** is a major component of what triggers a headache in the body. When combined with nitric oxide it creates a chemical called CGRP. CGRP is the chemical that causes the blood vessels of the trigeminal-vascular system to swell and put pressure on the nerve endings which results in the pain felt as a migraine headache. Protein-rich foods which have been fermented contain high levels of tyramine as do others including cheeses, fruit, processed foods, meat and fish, soy nuts and chocolate. Keep in mind that not everyone is affected by any one trigger. For a list of foods containing tyramine see [http://en.wikipedia.org/wiki/List\\_of\\_foods\\_containing\\_tyramine](http://en.wikipedia.org/wiki/List_of_foods_containing_tyramine)

### Tyrosine, L-tyrosine

**Tyrosine** (abbreviated as Tyr or Y) or 4-hydroxyphenylalanine is one of the 20 amino acids that are used by cells to synthesize proteins. Tyrosine can be synthesized by the body to create **tyramine** (see above). Tyrosine is often found in the protein building drinks used as part of an exercise program. Be sure to check labels. This is one you should try to avoid.

## Products to Avoid

### Cheese (including Cream Cheese)

Cheese contains tyrosine which can be problematic. All aged and mature cheeses contain high levels of tyramine. Since it is impossible to know the exact **tyramine** content, all cheeses should be avoided. This includes, but is not limited to, cheddar, Swiss, blue cheese, mozzarella, parmesan, Romano, cheese spreads, cheese casseroles or any foods made with cheese. You may want to try "Better than Cream Cheese" by Tofutti

### Colon Cleansing Products

Many colon cleansing products use acidophilus and other such ingredients that often trigger migraine headaches by elevating the level of **nitric oxide** in the body. For a quick and thorough cleanse you may want to consider buying a bottle of MagCitrate which can be purchased OTC at a discount or drug store (read label).

### Diet Drinks and Sodas

Products that use the words *diet*, *no sugar*, etc. should be avoided because these generally contain an artificial sweetener. You really have to read the labels of the products you drink, even those that sound healthy.

### Fermented Products

Fermented products often trigger migraines, which is perhaps due to the higher levels of polyphenolic. Wines, especially red wines, aged cheese, yogurt, cream cheese and other similar products that contain **tyramine**.

### Health Fads

Migraineurs should approach health fads with extreme caution as they can easily disrupt the balance of one's system and trigger migraines.

### Kampuchea Tea

Kampuchea tea is a fermented beverage prepared from a mushroom (*Fungus japonicus*). Although the drink is touted for its health-promoting properties,

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because of the fermentation process it can be problematic for migraineurs.

<b>Meats and fish</b>	Pork, and all smoked, aged, pickled, fermented, or marinated meats must be avoided. This includes, but not limited to, pickled fish, pickled herring, meat extracts, livers, dry sausages or prepared meats, such as salami, bologna, pepperoni, frankfurters, bacon, bologna, liverwurst and ham as these contain <b>tyramine</b> .
<b>Protein and Energy Drinks and Foods</b>	Avoid any drink or food that contains the amino acid tyrosine (L-tyrosine) or tyramine and products that make any claim to increase <b>Nitric Oxide (NO)</b> .
<b>Probiotics</b>	These are “fad” health products that can be problematic for migraineurs by increasing the levels of <b>nitric oxide</b> in the blood flowing to the trigeminal-vascular system.
<b>Sunless Self Tan Products</b>	Many sunless self-tan products contain <b>L-tyrosine</b> because of its properties for regulation of skin pigmentation. What is put on the skin is absorbed by the skin into the blood stream.
<b>Viagra and OTC male enhancers</b>	These products release <b>Nitric Oxide</b> into the body which can become a migraine trigger. OTC products may also contain L-arginine.
<b>Wine</b>	Wines, especially red wines, should be avoided as they contain <b>tyramine</b> and exacerbate the migraine syndrome.
<b>Yeast, brewers and extracts</b>	This group to avoid includes brewers yeast, extracts such as marmite, and fresh homemade yeast leavened breads. Yeast found in prepared foods, soups, canned foods and frozen foods, should be checked for the addition of yeast abstracts and should be avoided.
<b>Yogurt</b>	Yogurt can be a problem for many migraineurs as it increases the level of <b>nitric oxide</b> in the body. If you eat yogurt to prevent yeast, you may consider taking a coral calcium supplement such as Tuliv pH Balancer to balance your pH. Yeast needs an acid base in which to grow. By balancing your pH yeast can be prevented, but for migraineurs it is best to do so without yogurt.
<b>XNO Xtreme Nitric Oxide and NO-XIDE NO2 Nitric Oxide</b>	Xyience XNO is a product sold for “anyone who wishes to extend their muscle pump; signal muscle growth and speed recovery; and increase their strength, stamina and sexual vigor.” XNO is a <b>Nitric Oxide (NO)</b> increaser – increasing NO can cause migraine headaches.

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## To Learn More About Migraine Prevention

Go to [www.Tuliv.com](http://www.Tuliv.com) for more information about migraines and migraine prevention.

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