

Migraine Triggers Nitric Oxide and L-tyrosine (tyramine)

At some point it may seem as though almost anything can trigger a migraine. Tuliv continues with its migraine research to identify the actual reason that causes a body reaction that results in a migraine when exposed to a particular food, ingredient, substance, smell, pharmaceutical drug, hormone, weather change, heat, or environmental condition.

From a scientific point of view, we have learned that during a migraine there is a high level of a chemical known as CGRP. CGRP is produced in the body by the synthesis (mixing) of nitric oxide and tyramine.

When the level of CGRP rises in a person who has the propensity (inherited the migraine gene) for migraines, it causes the migraine syndrome (rapid expansion of the blood vessels intertwined with the fibers of the trigeminal nerve in the head) to occur which results in extreme pain.

To reduce tyramine in your diet:

- Avoid products, drinks and supplements that contain **tyramine** or the **amino-acid L-tyrosine**.
- Eat fresh or frozen foods. Eat perishable refrigerated items within 48 hours of purchase. Eat or freeze leftovers within 24 hours. Cooking will not destroy tyramine content.
- Avoid fermented or aged foods, such as cheese, sour cream, yogurt, soy sauce and or meats that are pickled, aged, smoked, fermented, or marinated; fermented alcoholic beverages, especially red wine.
- Avoid avocados, bananas, pineapple, eggplants, figs, red plums, raspberries, peanuts, Brazil nuts, coconuts, yeast, miso soup, sauerkraut, broad (fava) beans, green bean and pea pods.
- Read all food labels carefully when shopping. Check the ingredients in foods, including canned and frozen products. Many convenience foods contain tyramine rich ingredients (marmite, yeast extracts). Also be wary in health food stores as many of the weight control powders, diet supplements and pills may contain tyramine or yeast extracts. Remember Eileen's rule when reading labels: "If grandmother didn't use it in a recipe, don't eat it today."
- Never eat anything that you are unsure of the ingredients.

Although not everyone reacts the same to a possible trigger, it is best to avoid things that are known to be problematic and to learn what foods and other conditions may be a problem personally for you in order to help prevent a migraine attack.

Learn more about [Triggers](#) and Migraines [Tuliv.com](#)

All natural [Migraine Defense](#) is designed to work on managing the cause of migraines and is used as a migraine preventive to live a migraine-free life.

Learn To Avoid the Migraine Trigger MSG

Glutamic Acid and products that contain glutamic acid or use the word glutamate (a form of glutamic acid) in the

ingredients, i.e. MSG and flavor enhancers, can trigger migraines.

MSG, monosodium glutamate (also known as sodium glutamate), is a sodium salt of the non-essential amino acid glutamic acid. MSG and sodium glutamate are used as food additives in many processed foods. They are often used in the preparation of Chinese foods and commonly marketed in stores as flavor enhancers. Trade names of monosodium glutamate include Ajinomoto, Vetsin, and Accent.

Learn more about [Triggers](#) and Migraines [Tuliv.com](#)



Migraines Can Be Prevented

Go to our website: www.Tuliv.com to learn more about our Migraine Defense. We look forward to speaking with you. Remember we are on hand to answer your migraine questions and help you with a prevention plan. There is no cost or obligation for consultation.

Call us: 1-866-367-5953 or email your questions to MD@tuliv.com.