

FOODS AND DRINKS TO HELP WITH MIGRAINE RELIEF



FOODS



LEAFY GREENS



NUTS



FATTY FISH



FRUITS



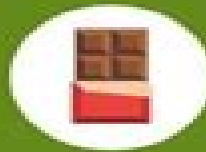
WHOLE GRAINS



LEGUMES



GINGER



CHOCOLATE



AVOCADO

DRINKS



WATER



DECAF COFFEE



TEA



SMOOTHIES



FRUIT JUICE



ALMOND MILK

Migraine Control The Food Connection

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