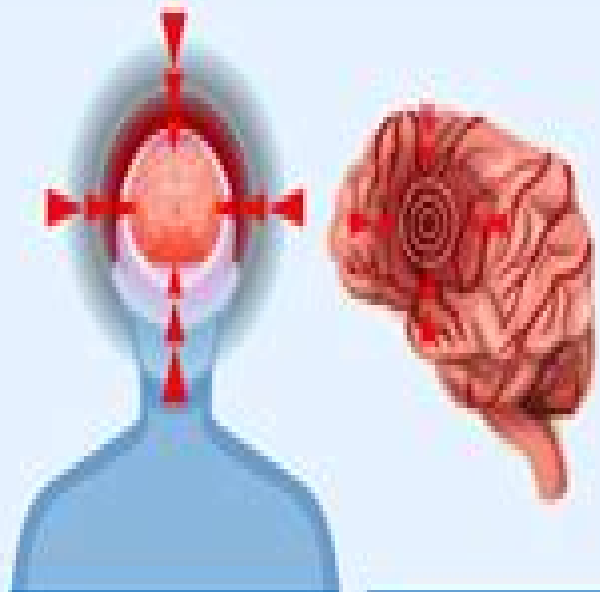


MIGRAINE TRIGGERS

The main headache types include migraine, which is accompanied by various symptoms. It is caused by certain factors that affect the human body. Triggers can provide important information about the general condition of the human body.



STRESS

Stress is one of the main factors that causes migraines. Constant emotional or physical stress interferes with good health.



DIET

Some foods can trigger a disease such as migraine. Caffeine, alcohol, and meat can trigger a headache.



HORMONAL CHANGES

The primary migraine triggers include hormonal changes. Fluctuations in hormones, especially in women, will provoke a disease such as migraine.



SLEEP

Sleep is a very driving force that affects the occurrence of migraines. Poor sleep can cause headaches and harm the body.



EXTERNAL FACTORS

Too bright light, different smells, and changes in weather conditions affect the onset of headaches.

Dietary Triggers For Migraine

CH Cherryholmes



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