

Studies about migraine and lifestyle, especially food

The following studies are referenced in an excerpt from the book *Free from migraine - The cause and cure of one of our most widespread diseases*, published in December 2014 by MIAB Förlag.

The excerpt has been added to studies that we referred to in the next book that was published in May 2016: *Free from migraine - the handbook*.

The excerpt was published in November 2019 by MIAB Förlag. More information on the site www.migraninfo.se.

Studies from the book 2014

- P. Arcangeli & R. Furian, *Hypoglycemic headache*, Rivista Critica di Clinica Medica 56 (1956):53–68.
- J. N. Blau & J. N. Cumings, *Method of Precipitating and Preventing Some Migraine Attacks*, The National Hospitals for Nervous Diseases and the Institute of Neurology, London, 1966.
- G. Casucci et al., *Migraine and metabolism*, Department Neurology and Psychiatry, University Sapienza, Rome, Italy, 2012.
- Cinzia Cavestro et al., *Insulin Metabolism is Altered in Migraineurs: A New Pathogenic Mechanism for Migraine?*, Headache Center, Department of Neurology, San Lazzaro Hospital, Alba, Italy, 2007.
- Turgay Dalkara & Kivilcim Kiliç, *How Does Fasting Trigger Migraine? A Hypothesis*, Institute of Neurological Sciences and Psychiatry, Hacettepe University, Ankara, Turkey, 2013.
- I. Damen et al., *Prophylactic treatment of migraine in children. Part 1. A systematic review of non-pharmacological trials*, Department of General Practice, Erasmus Medical Centre, Rotterdam, The Netherlands, 2005.
- Fava et al., *Chronic migraine in woman is associated with insulin resistance: a cross-sectional study*, European Journal of Neurology volume 21, 2014.
- Alan Finkel, Juanita Yerry & Douglas Mann, *Dietary considerations in migraine management: Does a consistent diet improve migraine?*, Carolina Headache Institute, Chapel Hill, USA, 2013.
- H. J. Gruber et al., *Hyperinsulinaemia in migraineurs is associated with nitric oxide stress*, 2010.

- M. Kim et al., *Botulinum toxin type A for Prophylactic Treatment of Chronic Migraine*, Västra Götalandsregionen och HTA-centrum vid Sahlgrenska Universitetssjukhuset, HTA-rapport 2014:70, 2014.
- Anna Kokavec & Susan Crebbin, *Sugar alters the level of serum insulin and plasma glucose and the serum cortisol, DHEAS ratio in female migraine sufferers*, La Trobe University, School of Psychological Science Bendigo and Bundoora, Australia, 2010.
- Fernanda Rockett et al., *Dietary aspects of migraine trigger factors*, Food and Nutrition Research Centre HCPA/UFRGS, Porto Alegre, Brazil, 2012.
- F. Camboim Rockett et al., *Perceived migraine triggers; do dietary factors play a role?*, Food and Nutrition Research Center, Hospital de Clínicas de Porto Alegre, Universidade Federal do Rio Grande do Sul, Porto Alegre, Brazil, 2011.
- S. Sacco et al., *Insulin resistance in migraineurs: Results from a case-control study*, Epub 2013 Nov 15, 2014.
- Amit Sachdev & Michael J. Marmura, *Metabolic syndrome and migraine*, Department of Neurology, Jefferson Headache Center, Thomas Jefferson University, Philadelphia, USA, 2012.

Studies from the book 2016

- Anne E. Bunner, Ulka Agarwal, Joseph F. Gonzales, Francesca Valente & Neal D. Barnard, *Nutrition intervention for migraine: a randomized crossover trial*, USA, 2014.
- L. A. Ferrara, D. Pacioni, V. Di Fronzo, B.F. Russo, E. Speranza, V. Carlino, F. Gargiulo & F. Ferrara, *Low-lipid diet reduces frequency and severity of acute migraine attacks*, Department of Medicine and Surgery, Federico 2nd University of Naples, Italy, 2014.
- Saras Menon, Rodney A. Lea, Sarah Ingle, Michelle Sutherland, Shirley Wee, Larisa M. Haupt, Michelle Palmer & Lyn R. Griffiths, *Effects of Dietary Folate Intake on Migraine Disability and Frequency*, Genomics Research Centre, Institutet for Health and Biomedical Innovation, Queensland University of Technology, Australia, 2014.