



# 2024 INTERVIEW SUMMARY SHEET

**SPEAKER****Robert Bonakdar, MD****TITLE & ORGANIZATION****Pain and Headache Specialist  
Scripps Center for Integrative Medicine****TOPIC**

## Supplements & Foods That Ease Migraine

### KEY TAKEAWAYS

- The discussion about diet and supplementation for migraine should be ongoing and not a one-time conversation.
- It's important to be kind to yourself and not strive for perfection when it comes to diet and supplementation.
- Food can be used as medicine for migraine, and integrating certain nutrients into the diet can improve your health and migraine condition.
- Supplementation may be necessary for people dealing with chronic pain and migraine, as there is often a burden on the body that requires additional support.
- It's important to choose reputable supplement brands that have consistent dosing and third-party verification.
- Some supplements, like butterbur and feverfew, may not be suitable for everyone due to potential safety concerns. Safer herbal choices are ginger, curcumin, and Boswellia.
- Combination supplements targeted for migraine can be helpful if you need to take a number of supplements.

### TREATMENTS CITED

Amitriptyline	Iron
Antioxidants	Ketorolac (Toradol)
Boswellia	Magnesium
Butterbur (Petadolex)	Melatonin
Coenzyme Q10 (CoQ10)	Migra-Well
Curcumin (Longvida)	Omega-3 fatty acids
Diamine oxidase (DAO)	(fish oil)
Feverfew	Probiotics
Fiber	Riboflavin (Vitamin B2)
Ginger	Thiamine
Ginkgo	Triptans
Gluten-free diet	Vitamin D
HeadacheFree	Zinc
Complete	
Multivitamin	

### QUOTES

*"We all feel at times with our diet that we've messed up, and that adds to the shame and the blaming that happens in a lot of the diet and diet industry. And I would say, first and foremost, with diet and supplementation, be kind to yourself."*

*"Even if we do take good supplements, if the foundational diet is not healthy enough, doesn't have enough fiber, fruits, vegetables, good healthy oils, then you're not really going to get much benefit from the supplement."*

*"Just increasing the fiber — we know there's some recent evidence that for every gram of increase in fiber, there's a similar 1% decrease in migraine burden."*

*"I think there is a real wisdom to combining the right supplement with the right medication."*

*"Ginger is working on serotonin receptors in the gut ... I love the combination of ginger with almost all acute medications for migraine."*

*"Diet discussion should be about finding good lifestyle choices, and that goes way beyond diet."*

### PRACTICAL STEPS

- Improve your sleep. Good sleep can reduce caloric consumption and help prevent migraine.
- Incorporate high-omega seafood like salmon and moderate-omega seafood like shrimp into your diet.
- Include whole grains in your diet, particularly sprouted bread with seeds, which provide good oils, lignans, and fiber that are often missing in the diet.
- Incorporate mushrooms into your diet for dietary sources riboflavin and vitamin D.
- Eat colorful fruits and vegetables like sweet potatoes and berries, which are rich in antioxidants. And don't forget your fiber!