



MIGRAINE WORLD SUMMIT

INTERVIEWS WITH WORLD LEADING EXPERTS

TRANSCRIPT



FOOD AND NUTRITION FOR MIGRAINE

CYNTHIA E. ARMAND, MD



Introduction (00:00): We should think about what happens on a day-to-day basis and how it affects our bodies and how we are reacting to any particular matter. Food, in particular: How do I feel after I eat this certain food? How do I feel after spending certain amounts of time eating a certain way? And again, I'm going back to weight loss. We see that in weight loss. We see large amounts of individuals, they start eating a certain way, making choices, and they even say that their body feels good. They feel good on a day-to-day basis; they feel refreshed, they feel clear of mind. That's your body helping you and speaking to you.

Wendy Bohmfalk (00:50): Hippocrates once said, "Let thy food be thy medicine." We've all heard so much about various migraine diets that eating, cooking and shopping can be an anxiety producing experience. Yet research shows that certain nutrients are good for your brain health. Migraine superfoods can be a powerful weapon to reduce inflammation and help prevent attacks. Here to help simplify how to eat with migraine is Dr. Cynthia Armand. Dr. Armand is an assistant professor of neurology at Montefiore-Einstein, fellowship director, and director of the Holistic Migraine Lecture Series at the Montefiore Headache Center. She was recently named an emerging leader in headache medicine by the American Headache Society. Dr. Armand, welcome to the Migraine World Summit.

Dr. Armand (01:38): Thank you so much. Thanks for having me. It's wonderful to be here.

Wendy Bohmfalk (01:43): Great. So is there really a migraine diet or a diet that's specific to help people with migraine?

Dr. Armand (01:50): Well, when I think about the term "migraine diet," I think about this one diet that targets individuals with migraine and claims to improve migraine frequency and severity. There really isn't one migraine diet. Now to think about it, I want to go back to weight loss. So when someone's losing weight, we see that they go on this one diet, and this one diet with this theme decreases weight. OK. And now with migraine, we want to say this diet with this theme helps migraine. What is that theme? In literature we see that there are various themes that help migraine. OK. And all of those themes are particular ingredients that target migraine pathophysiology. So essentially is there one migraine diet that benefits all? No. But are there particular ingredients or ways of eating that help migraine? Yes.

Wendy Bohmfalk (02:50): Good. I think that's a good way for us to define the term "diet," too, as we have this discussion today. So that's helpful. Well, what research is there out there about migraine and diet?

Dr. Armand (02:59): So there are plenty of research articles out there. However, what we see is that they're targeting the different ingredients or substances that play a role in migraine pathophysiology. And the issue is that out of the articles that are out there, there are too little amounts of individuals that are participating. And because of that we have conflicting results. So what we see is there might be benefits with one ingredient, but in another study there aren't really any benefits. So what we need is more research. We need bigger centers, larger amounts of individuals who take part in these studies so we can definitively say what can help and what doesn't help.

Wendy Bohmfalk (03:41): That's great. I'd like to come back to that topic, too. That's very interesting. Can we generalize a little bit more? And even are there certain foods that are just really good for the brain, in general, and certain foods that are bad for the brain?



Dr. Armand (03:53): So when I think about the brain, I think about a powerhouse that's always working. My brain is working right now as I'm speaking with you. Yours is working right now as well. And what the brain needs, is the brain needs to build. The brain needs to repair and the brain needs to be protected from stress, particularly cellular stress and oxidative stress. So we want foods that work on those components, and those foods are healthy for the brain. So for example, things that build omega-3 fatty acids: salmon, tuna, nuts —OK. Things that protect against oxidative and cellular stress: berries, dark chocolate. So also we have leafy greens: broccoli, kale, cauliflower. So what we see are whole grains and foods that aren't processed; those help build the brain, help them repair, and help protect against stress.

Wendy Bohmfalk (04:53): These are all such healthy food choices, obviously. Do you think making these choices as well, if you have migraine, would help make you feel more empowered when you're living with such an unpredictable disease?

Dr. Armand (05:03): Absolutely. So when I think about this, I go back to weight loss. So we see this in weight loss. Individuals who go through this process of eating very well, picking and choosing. They lose weight and they feel great. So what happens is this journey that they go through; it's not easy. You know, you have to be highly concentrated. You have to be honed in on your goals and stick to it. So what we see is these individuals, when they go through this process, they make choices. They make choices during difficult moments. And in those difficult moments, they conquer them and they make the right choices. It's that conquering that leads to empowerment. They're empowered, they're empowered every day. They're empowered in daily activities, they're empowered in battling migraine and essentially in life in general.

Wendy Bohmfalk (05:58): I think we all need that mental boost, too, where we can get it. So that's great. I'd like to kind of break the foods down a little bit more in a couple of different ways. We hear a lot about anti-inflammatory and pro-inflammatory foods. What is inflammation and how is it tied to pain?

Dr. Armand (06:15): So inflammation is the body's defense against any intruders or invaders or anything foreign; so infection, cuts, bruises. When these things happen, the body's signaled and they release certain substances and these substances are dispersed throughout. They interact with nerves and they cause pain. So that's the connection between pain and inflammation. And the pain is from the substances interacting with the nervous system.

Wendy Bohmfalk (06:44): So to take it one step further then, how does inflammation affect migraine specifically?

Dr. Armand (06:49): So when we talk about migraine, we always talk about this level of the state of hyperexcitability. Within that hyperexcitability, the brain is going, the nerves are going, and so the nerves are releasing substances. Bodily substances are interacting with each other, with one another. And within that, they propagate pain signals. So the nerves stay hyperactive through these substances.

Wendy Bohmfalk (07:16): I'm imagining that some foods make that worse. And I'd like to talk about some of those pro-inflammatory foods and the ones that I think we hear about most often. So I'll start with the one that is often at the top of the list: processed foods. Why are they so bad for us, especially if we have migraine?



Dr. Armand (07:32): Well, we see that processed foods altogether are high promoters of inflammation. We see that in literature when it comes to the nervous system. We even see that in literature when it comes to cardiovascular disease. So they're known to be high risk factors for leading to things like stroke or heart attack. So you want to be careful with the intake of processed foods.

Wendy Bohmfalk (07:55): Great. Probably the hardest one for me to live without: sugar, and also maybe artificial sweeteners. I'd love to know: What evidence is there that says that they promote inflammation?

Dr. Armand (08:06): So the evidence goes behind the inner workings of the sugars. So what happens is when we intake sugar, the body sees it and reacts, right? And what's the reaction? There's something called insulin that works to decrease the amount of sugar in the body. When insulin levels rise, that can trigger inflammatory messengers to kind of be dispersed, and that causes the inflammation. And that is the connection and the evidence behind it.

Wendy Bohmfalk (08:32): OK. Does that mean we need to live without sugar, or what's your recommendation there?

Dr. Armand (08:38): I would say choose wisely in what kind of sugars you're eating. So there are refined sugars that aren't great. The artificial sugars unfortunately aren't that great. And what you want to do is you want to choose the smart sugars, the simple carbohydrates that keep your blood sugars at a nice level, low-glycemic index, so that you don't have those spikes in that reaction from the body.

Wendy Bohmfalk (09:02): Is it good to combine with something else, perhaps protein or fat or something? Does that help as well?

Dr. Armand (09:08): If you speak with any nutritionist, the cornerstone of a nutritious diet is you want to make sure that you have regular amounts of the different components of the food groups. So when you look at your plate, you should have your protein, you should have your fat, you should have your vegetables, and you should have some good old fiber.

Wendy Bohmfalk (09:27): I didn't hear you say sugar.

Dr. Armand (09:28): Well, carbohydrates, vegetables — sugar. That's sneaking it in there.

Wendy Bohmfalk (09:39): What about dairy? What evidence is there around dairy being pro-inflammatory?

Dr. Armand (09:44): So the evidence behind dairy is a little bit shaky. So we do know that saturated fats — which you can see in certain dairy products like cheeses and full fat dairy products — those can be pro-inflammatory. But then there's other literature in other bodily systems that show — maybe a case report — that eating dairy contributed to decreasing inflammatory conditions, like gout for example. So it's a little bit shaky. I think there needs to be more evidence out there.

Wendy Bohmfalk (10:17): OK. Gluten, I think this is one a lot of people have questions about. Certainly if you have celiac disease, we know, of course, that's tied to headache. But in general, if you don't have celiac disease, what do you think about gluten?



Dr. Armand (10:29): So gluten is pretty interesting. So there is gluten insensitivity and then there are illnesses like celiac disease, which is an autoimmune disease. So in the literature, in terms of inflammation and migraine, we know and we've seen that individuals with celiac disease, if they're placed on a gluten free diet, their celiac symptoms improve immediately. Those individuals with celiac disease may also have migraine. There's a large population of them out there. When they are on that gluten free diet, their migraine attacks improved too. So aside from that, we do see that gluten is pro-inflammatory and we see that displayed very well with individuals with celiac. However, if you don't have celiac and you're just gluten intolerant, we may not see that clear correlation. So I think there still needs to be some work done in that area to kind of get a sense of what exactly it is.

Wendy Bohmfalk (11:32): So there's not real clear evidence that if you are perhaps sensitive to gluten that that causes migraine?

Dr. Armand (11:38): Right. There isn't clear evidence. There are individuals who might see a benefit from taking a gluten-free diet if they don't have celiac and they're gluten intolerant, but it's not really consistent. Not everyone has the same results. Everyone's body is different.

Wendy Bohmfalk (11:55): So how would you go about testing yourself, especially with these kinds of main pro-inflammatory foods? How would you find out what is a problem for you?

Dr. Armand (12:03): I would keep a diary. That's the first step. So I would keep a diary of my intake. First, just whatever you're eating every day. Don't try to modify anything. Keep a diary of that and keep a diary of your headache occurrences and see what happens; see how your body feels, listen, observe. And then when you start to see some patterns, see your health care provider. They're going to help you dive deeply into what the issues might be and they may suggest some changes, some tweaks in your diet or even something called an elimination diet.

Wendy Bohmfalk (12:38): I'd like to talk about that more later, too. Any other foods we should add to this list of foods to kind of watch out for?

Dr. Armand (12:46): I think the main theme — because whenever we say watch out for foods, I think the main theme is we want to go with things that are close to the earth and whole: whole grain, nonprocessed, in its original state. OK. Healthy fats, fruits and vegetables. So we want to go to things that are untouched, unprocessed, and stick to that. Think of food as fuel. That way it'll be better for us to avoid the pro-inflammatory substances.

Wendy Bohmfalk (13:20): That's a perfect transition to my next question, which is around the anti-inflammatory foods. I know I've heard about perhaps trying a plant-based diet — what do you think about that?

Dr. Armand (13:29): Well, if we think about it from what we just discussed, a plant-based diet is basically most of the foods that are in their original state that will help be anti-inflammatory. So I think plant-based diets are wonderful. However, with the one caveat that whenever you are focusing yourself on a particular diet, you're missing out on other components that have the all the food groups that add to your nutrition, because your body needs different vitamins to function.



Wendy Bohmfalk (14:00): And so does that suggest more of a whole foods diet versus a plant foods diet that you think would be recommended?

Dr. Armand (14:08): I think everyone is different because there are individuals who prefer plant based. I think out there in the literature, aside from migraine, but other bodily systems, there is evidence that a plant-based diet is nutritious for the body. So I would say take a look at your diet, speak with your health care provider and see what would be the best for you to make sure that you're gaining the nutrition that your body needs to function. Because we don't want to miss out on that either.

Wendy Bohmfalk (14:36): So especially with people with migraine like myself, what do you think about sticking to organic foods or to non-GMO foods? Do you think those matter?

Dr. Armand (14:47): Well, what is organic and non-GMO? Organic means that this ... whatever was grown from the earth or the livestock or the animals that are raised, they're either not modified, they don't have hormones added or antibiotics, no pesticides, herbicides. And those chemicals have been shown to produce inflammation. So without those chemicals onto the foods that we're eating, that's positive for sure. There is some evidence out there that shows an organic diet is more nutritious than a non-organic diet; it wasn't with migraine, but in general. So I think there's something to that going the organic route, non-GMO route. Obviously we need more. And I think doing a study on organic products and migraine and using bigger centers, I think that's needed. But there's something there. I really think there is.

Wendy Bohmfalk (15:50): Good to know. But perhaps if we can't always purchase or eat that way, just sticking to the, like you said, foods coming from the ground is probably the best way to think.

Dr. Armand (15:59): Exactly.

Wendy Bohmfalk (16:00): All right. Well I know that there are certain nutrients that are known to be beneficial for people with migraine. I'd like to talk about some food sources for them. So the number one that I hear about is magnesium. What's a great way to get our magnesium?

Dr. Armand (16:13): So magnesium: You want to think about leafy greens; you want to think about kale, broccoli; some seeds can have that as well. Magnesium, you can see it in a lot of sources, too. You can see it in salmon, tuna. So there are a lot of resources for magnesium. That's a migraine superpower vitamin. And if, of course, you have dietary restrictions, supplementation can happen as well.

Wendy Bohmfalk (16:49): And that, for my next one, riboflavin — is that a hard one to get through food? Is that one that maybe it would be better through supplements?

Dr. Armand (16:55): It is better through supplements because there is a certain amount that you need that's proven to be effective for migraine. But with riboflavin: dairy products, you can see it in eggs. You can have it in lean meats; if individuals like meats like liver, organ meats — those have riboflavin in them.

Wendy Bohmfalk (17:17): OK. What about omega-3's?



Dr. Armand (17:20): Omega-3's. That's the favorite to everyone because it's out there in the cardiovascular diets and cardiovascular health. Omega-3's: salmon, tuna (not too much tuna because of the mercury). You can see it in the egg yolk. So also chia seeds — a lot of people love chia pudding — so you can get omega-3 from that as well.

Wendy Bohmfalk (17:44): And if you're plant based, I guess that's a good one to know about.

Dr. Armand (17:45): Absolutely.

Wendy Bohmfalk (17:48): Are there certain herbs or spices that you really recommend? Like I've read about boswellia or turmeric?

Dr. Armand (17:54): So boswellia's claim to fame is helping with a certain type of headache called hemicrania continua. And it's from a tree called *Boswellia serrata*. That one's not really found in foods. It's available in supplementation. You can take it two to three times per day, of course with consultation from your headache specialist. And then the turmeric is a root, and that you can very easily incorporate into your diet. It's usually found in the spice aisle. You can put it into curries, you can put turmeric into your smoothies, you can make a latte out of that. The one important piece of advice with turmeric though, its active ingredient is curcumin, and that needs black pepper in order for you to have the benefits of turmeric. So whenever you spice with turmeric, put a little black pepper in there.

Wendy Bohmfalk (18:58): Good to know. And are these both considered anti-inflammatory, both of these spices or herbs?

Dr. Armand (19:03): Yes.

Wendy Bohmfalk (19:03): OK, great. Are there any — I think you've probably mentioned several already — but are there any other migraine superfoods that you would recommend, particularly some that might have more than one of these nutrients in them?

Dr. Armand (19:17): So the superfoods: broccoli, kale, cauliflower, leafy greens. Again, we go back to the salmon, nuts. Nuts are wonderful; almonds, walnuts, soybeans — all of these foods have various benefits to them and they are migraine superfoods, in my opinion.

Wendy Bohmfalk (19:37): OK, great. So let's talk about different situations we find ourselves in when we're eating and kind of talk about the best strategies. So for breakfast, what do you recommend as a healthy breakfast? And of course, we all hear about intermittent fasting. Do you recommend skipping breakfast for someone with migraine?

Dr. Armand (19:57): So for breakfast ... I think no one should skip meals. I think skipping meals can cause large swings in blood sugar. And of course, we know what happens when sugar spikes: insulin comes in, pro-inflammatory state. So we want to make sure you have a level — a nice medium level — of sugar in the body. For breakfast, I think great breakfast foods: hard boiled eggs, oatmeal with berries. So you're having your whole grains, your antioxidants in there. Maybe some nuts sprinkled in, so you're having the whole grain, the fruit, the fat. So I think thinking along those lines will be helpful for a nice nutritious breakfast.

Wendy Bohmfalk (20:44): That's what I had for breakfast today. It makes me feel good.



Dr. Armand (20:46): That's awesome. I had that too, actually.

Wendy Bohmfalk (20:48): And then foods that you could have for a quick, healthy, or also tasty, snack.

Dr. Armand (20:57): All right, I'm going to go back to nuts: almonds — nice and filling, healthy fat, nutritious. Let's see. You can snack on hard boiled eggs. You can snack on berries. Again, people love to snack on fruits, but we want to concentrate on the good fruits: the anti-inflammatory fruits, high levels of antioxidants, berries, strawberries, blueberries, blackberries, and also cherries. So those are great nutritious snacks that you can have. Also, I mean, you can have a little dark chocolate there. Give that for anyone who has a sweet tooth.

Wendy Bohmfalk (21:31): Great. Thanks. And what do you think we should eat while we're in the midst of an attack, or is it perhaps better not to eat at all?

Dr. Armand (21:41): I think that varies for every individual because sometimes, unfortunately, attacks can cause nausea and unfortunately people cannot keep food down during that time. I think if you'd like to eat something, I would stick to the foods that are anti-inflammatory, antioxidants: things that are easy — like nuts and berries; something that you don't have to worry about keeping down, like something that's not heavy; water, because dehydration can worsen things — so make sure you drink a lot of water.

Wendy Bohmfalk (22:16): Carbs: Is it OK to eat crackers or something like that?

Dr. Armand (22:19): Yes, I think it's OK to eat crackers. Once again, be careful of the type of cracker that you're eating. You want to stay away from the refined, processed flours like white flour. You want to eat a whole grain type of cracker.

Wendy Bohmfalk (22:33): During an attack are there foods that you recommend that might help us feel better?

Dr. Armand (22:39): That depends on the person. That level of evidence ... I mean it's very anecdotal. I have patients who like ginger tea, something soothing, mint tea. I think the majority of individuals don't like to eat something to help them feel good. But a lot of my patients go to teas.

Wendy Bohmfalk (23:02): We got a lot of questions from our viewers around types of diet, and I'd like to just kind of quickly walk through some of the big ones that we had questions about and get your thoughts on them. So Lori and Kelly asked, "Some have claimed that a strict keto diet can help migraine. Is there any truth to that?"

Dr. Armand (23:18): Right. So the ketogenic diet is interesting. We know in the literature from a very, very long time ago that a keto diet can help in certain forms of seizure disorders. And what happens is it targets a substance released by the nerves that calms everything down, calms the brain down, calms the nerves down. So essentially, if we talk about migraine, and we talk about the hyperexcitability of migraine, taking something and doing something that calms everything down is probably helpful. And we do see in the literature, through animal models, that it can help with — microscopically — with the hyperexcitability. Now there needs to be more research in terms of doing the ketogenic diet.



I do not suggest just right away getting into a ketogenic diet. I think there should be a consultation with a doctor, because essentially it's a high fat, low carb diet. You're taking away some other of the food groups, and you want to make sure that your body is healthy enough to support that kind of a diet.

Wendy Bohmfalk (24:25): OK. So it sounds like what I'm hearing is definitely talk to your doctor before you embark on that type of diet.

Dr. Armand (24:30): Absolutely.

Wendy Bohmfalk (24:32): OK. And then Joanna says, "There's a reason why the Mediterranean diet is called the healthiest diet in the world. Many blue zones eat this way. Do you recommend the Mediterranean diet to your patients?"

Dr. Armand (24:43): I love the Mediterranean diet. It encompasses everything that we discussed today. It includes all of the anti-inflammatory foods: salmon, you have high antioxidants, good carbs, olive oil, great fats. So I definitely would recommend the Mediterranean diet. It's proven to be effective for cardiovascular health. And a lot of the foods that are in there are great for brain health, so absolutely. But of course before you start with a diet, make sure you're fit for that. Speak to your doctor.

Wendy Bohmfalk (25:22): Great. And then the last question from our viewer about this topic: Kathy said, "I had to go from a vegan diet to a high protein diet since migraine attacks began. I can sometimes avert a migraine with aura if I eat a high dose of protein; protein shakes are easier to consume." What do you think about vegan versus, say, high protein?

Dr. Armand (25:42): I think ... My opinion is based on the lack of evidence behind vegan, protein, and migraine. I think there needs to be more studies out there. Everyone's body is different. So if that might work for one person — which is great — it might not work for another person. So I think there needs to be larger studies because I haven't found a correlation between having a vegan diet, protein diet, and migraine and being it positively beneficial. So we need more evidence out there. But again, everyone is different. So you might see a benefit in one person, whereas in another person it might not be helpful.

Wendy Bohmfalk (26:24): OK. So one of those things you may just have to try for yourself. We've heard from other experts that suspected food triggers like chocolate may in fact be premonitory cravings or kind of warning signs that a migraine attack has started. What is the latest thinking on this?

Dr. Armand (26:42): Well, the latest thinking is that we do see people with cravings. In that phase prior to the pain phase and prior to the migraine attack coming on, there may be some cravings. I think that there's a fine line between the two. Is this a craving or is that making me eat the thing that's going to trigger the migraine attack — chicken or the egg? What is it? A diary is going to help divulge that a little bit. If chocolate is a trigger, yes, it may be something that we may want to stay away from. However, sometimes when we stay away from things, we might crave them even more, so the body can trick us and do that to us as well. So it's tricky when it comes to that topic.

Wendy Bohmfalk (27:33): Do you ever find though, when keeping a diary, that people might kind of misattribute or say that maybe something was a trigger? You know, when they look back on the beginning of their attack, they think, "I ate that chocolate. I bet that's what



triggered it," when in fact, the migraine had already started at that point. So again, how do you know which is which, or how to track that accurately?

Dr. Armand (27:56): That is very difficult because sometimes there are certain foods that you eat on a Tuesday afternoon and then your migraine attack doesn't come until Wednesday evening. Right? So I think a diary over months time can shed light on that situation, for sure.

Wendy Bohmfalk (28:16): What do you think about food sensitivity tests for migraine? Is there much evidence behind them, and if so, are there any particular food sensitivity tests that you like or recommend?

Dr. Armand (28:29): So there are different food sensitivity tests. They are not really targeting migraine per se. What they're targeting is what we call "mediator release test," the mediators that are released by the body. When are they released in relation to foods? So they're targeting those substances. And it may be beneficial to speak with your doctor to see if testing is recommended, because there are individuals who have various food sensitivities and have foods that can trigger migraine. And it would be interesting to see if those foods cause those mediator releases. And that, in fact, could be a positive correlation.

Wendy Bohmfalk (29:16): And is there much evidence behind that right now? Have many studies been done around that?

Dr. Armand (29:22): There are some studies here and there, but in terms of migraine itself, we definitely need more. Definitely need more.

Wendy Bohmfalk (29:30): And with food triggers, if you determine that you have one, do you find that they're very individualized, or are there certain things that are certain triggers that affect all people?

Dr. Armand (29:40): I hear a lot about chocolate. I hear a lot about alcohol. In my opinion, they're definitely individualized. In research and evidence, we do see why certain types of ingredients more so can be a trigger than others. So it's possible that many people can have one type of food as a trigger. But again, I think everyone should consider it to be individualized because we don't want someone saying, "Oh, this person can't eat chocolate. I have migraine. I'm not going to need chocolate." It's not the right approach because you probably could have some chocolate and it may not affect you the way it affected the other person.

Wendy Bohmfalk (30:24): So again, back to that diary and keeping track. Well I know a lot of people really struggle though with figuring out their triggers and trying to figure out what they ate or what they did. And this can really cause some food anxiety. In fact, one of our viewers, I thought, said it very well. Pam says, "I was sensitive to wheat throughout my life and more recently all gluten. Now I cannot tolerate any dairy, but I'm concerned that my diet is becoming very limited. I also don't tolerate certain supplements, like folate and B12, which makes the situation worse." How do we keep from becoming fearful of what we eat?

Dr. Armand (31:01): So the first thing is, again, we have to think about food as fuel. So there's always emphasis on: "What would I like to eat today? Oh, I can't have that, I can't have that. I can't have this." We should think about fuel: "What does my body need today? What is the most whole grain or down to earth substance that I can eat?" That's the first



step because when we put emphasis on "what I want" and "what I can't have," the anxiety's right there. Think about what we need.

Wendy Bohmfalk (31:35): OK. So what we need and focusing on what we can have, I guess, as well, versus what we can't have perhaps.

Dr. Armand (31:43): Absolutely.

Wendy Bohmfalk (31:44): OK, great. Do you think that — we've talked about a lot of foods today and a lot of nutrients — and do you think that a migraine diet will become part of a migraine prescription in the future?

Dr. Armand (31:59): I think so. And not essentially just one particular diet, but I think we will see a trend of individuals have nutrition visits and cater what they're eating to them and their body. I think it's positive. I think that it's something that's necessary and needed. We have to think about what we're eating and how it affects our body. And we have to think about how it affects our migraine, because there could essentially be something very easy, very easy to input into our daily lives.

Wendy Bohmfalk (32:34): Great. So if it doesn't come up yet, it sounds like it'd be fair, as well, to bring it up with our health care provider and talk to them about the types of foods we should be eating.

Dr. Armand (32:40): Absolutely. And if your health care provider is not really well versed in it, nutritionists — they can refer you to a nutritionist that can help further come together with a diary and talk about different foods and what you're doing. It's very nice. It would be a very nice, catered approach to migraine treatment and management.

Wendy Bohmfalk (33:05): A couple of last questions. I've heard a lot about you should tune into your body or be more in tune with your body and we've kind of alluded to that a minute ago. What does that mean to you? How should we do that?

Dr. Armand (33:16): I mean, I love that term. Just tuning into your body. It's just listening to your body. Like a simple example is: If I'm sleepy, it's time to go to sleep. Take a nap; if you're able to take a nap, then take a nap. That's your body saying I need to rest, I need to recuperate. We should think about what happens on a day-to-day basis and how it affects our bodies and how we are reacting to any particular matter. Food, in particular: How do I feel after I eat this certain food? How do I feel after spending certain amounts of time eating a certain way? And again, I'm going back to weight loss. We see that in weight loss. We see large amounts of individuals, they start eating a certain way, making choices, and they even say that their body feels good. They feel good on a day-to-day basis; they feel refreshed, they feel clear of mind. That's your body helping you and speaking to you.

Wendy Bohmfalk (34:20): And is that when it becomes more like "food is medicine," would you say, too?

Dr. Armand (34:23): I think so.

Wendy Bohmfalk (34:24): OK. What three truths about food and migraine would you like to leave us with today?



Dr. Armand (34:32): So the first thing is: Think of food as fuel. Again, your body and your brain powerhouses, always working. What can I do? What can I input? How can I feed you to help me on a day-to-day basis? So that's number one. Food is fuel. Number two: Stick to things close to the earth, close to their original form, less processed, less refined. That's number two. And then number three: Diary, diary, diary. Keep a diary. Those three principles, I think, will put anyone well on their way to becoming empowered and taking control.

Wendy Bohmfalk (35:16): Great. Well this has been so informative, and I'm sure people would love to be able to follow you or learn more about your work. Where can we do that?

Dr. Armand (35:23): Sure. So I am live on Twitter. So @CynArmand, C. Y. N. A. R. M. A. N. D. OK. So that's Twitter. Anything that I'm engaging in and anything that I'll be doing in the future, I'll put there.

Wendy Bohmfalk (35:38): Great. Well, thank you so much for joining us today on the Migraine World Summit.

Dr. Armand (35:42): Thank you so much for having me. This was wonderful.