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O S T E O P A T H Y

### Migraine Advice

Migraine is associated with an overload of Tyramine from food. The liver is only able to process this Tyramine at a rate unique to the individual.

In order to work out how much is too much in each case the following routine is suggested.

Keep a diary of what you eat and drink, what time it is and how “migrainey” you feel. For women, it is useful to record where in their cycle they are too as this will have a bearing on the results later.

Foods that contain tyramine are:-

**Banana, bass, soya bean, beef, beer, cheese, chicken, cocoa, chocolate, egg, oyster, pea, plum, pork, potato, prune, raisin, spinach, sweet potato, tomato, walnut, yeast.**

It is suggested that a unit style of accounting for Tyramine is used, much like diabetics do for sugar. For example – the yeast in a slice of bread is the least amount of Tyramine you’d likely consume in any of the above list so make that 1 unit, it is about ½ ounce perhaps. Following this idea, a 4 ounce piece of chicken or fish would be 8 units, follow this style for the other foods.

Using your diary you can now total the number of Tyramine units you have consumed. It is suggested that you add them up over 48 hours rather than 24 and that it is a rolling previous 48 hours that is taken into account.

If you have no migraine in that 48 hours you have a safe limit of Tyramine already. If you have had a migraine you know you’ve gone too far and therefore need to reduce the intake of foods on the list in **bold** above.

I should stress here that you do not have to go without any of the foods, this is not an allergic or, but rather you must limit the amount so as not to “poison” yourself.

In time you will be able to refine the limit. Women will find they have 2 limits, one in the 10 pre-menstrual days and one for the rest of the time. This is due to the liver acting to remove the female hormones at the latter end of each cycle and this action reduces the clearance of Tyramine, hence you will maintain a higher Tyramine level and be more prone to a migraine event.

Whilst not a “cure”, this is a successful “avoidance” of Migraine.

Other experiential “triggers” are

Alcohol and caffeine

Dark green veg, especially cucumber skins, broad bean pods.

Citrus fruit, usually orange, lemon, lime less likely apple and not grapefruit

Figs, dried or green

Mushrooms

Stock cubes or gravy brownings

Cheese – especially strong hard or aged cheeses

It has also been found that dysbiosis causes the fermentation of Tyrosine to Tyramine. Patients may like to consider having this evaluated to further help manage a migrainous situation. Please ask for more details.



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