Background

- Approximately 38 Million Americans suffer from Migraine Headaches annually
- Researchers with the American Gut project have found that Migraine Headaches could be related to the foods we eat
- Analyzing over 1,702 oral samples and 1,006 fecal samples has shown that people who suffer from Migraine Headaches have a higher amount of both nitrate reducing gut flora and oral flora
- Nitrate reducing bacteria are found in the oral cavities of most people and reduce the nitrates to nitrites, which are absorbed into the blood stream. Once in the blood stream nitrites are converted into nitric acid.

Purpose

To educate Health Care Providers about recent research concerning the etiology of migraines headaches, in order to change treatment approaches and practice in the future.

Methods

Twenty-five articles on Migraines and the findings of the Human Microbiome Project/American Gut Project were reviewed for background, clinical practice and treatment approaches. Both Medline and CINAHL data bases were explored for pharmacological management strategies. Both Medline and CINAHL

Results

- Individuals who consume foods high in nitrates like chocolate, wine, processed foods, green leafy vegetables and certain medications containing nitrates note a relationship between these foods and headaches
- Interestingly cardiac patients who take Nitroglycerin for chest pain often report severe headaches

Conclusions

The next step for the American Gut Project is to separate the Migraine prone specimens into two groups, those who report auras prior to onset of Migraines and those who do not. It is hoped that and analysis of the two different specimens will vary even more to explain this clinical difference in Migraine onset. It is recommended in the meantime for individuals who are Migraine prone to limit “trigger” foods (Those containing high Nitrates) Meanwhile the American Gut Project is expanding to include other countries. There is a belief that many health problems could be linked to foods and the way our Gut flora and fauna react to them.