

Top Anti-Inflammatory Foods for Migraines



AVACADOS



SALMON



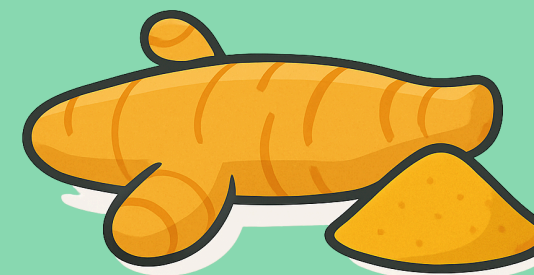
BLUE BERRIES



GREEN LEAF



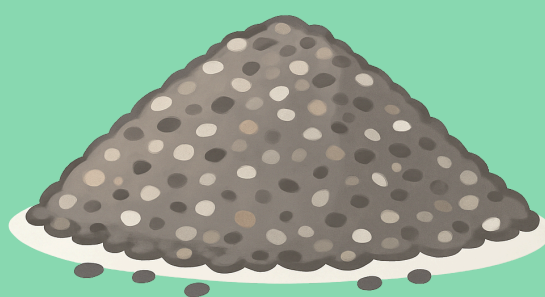
OLIVE OILS



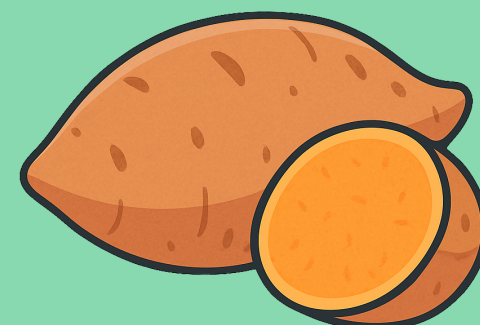
TURMERIC



WALNUTS



CHIA SEEDS



SWEET POTATO



CUCUMBERS





Food to Avoid for Migraines