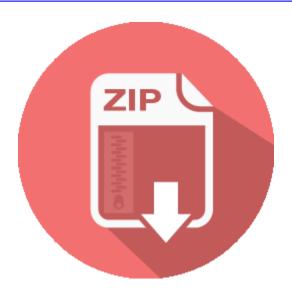
# **NUTRIBULLET RECIPES FOR MIGRAINES**



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# Juicing for Migraine Headaches All About Juicing

Migraines start with the constriction of blood vessels in the brain, followed by expansion (causes the pain).

Beforehand symptoms that blood vessels are constricting are vision and mood changes. Some triggers are strong emotions, hormonal changes, allergies, medications.

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#### Juicing for Migraine Prevention Can It Really Help

When looking for recipes, try to find ones rich in migraine-fighting minerals with evidence behind them, like magnesium or riboflavin. You can t really go wrong with dark greens. You can t really go wrong with dark greens.

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