

Special Issue

The Eating Plate and Nutraceutical Advice for Migraine

Message from the Guest Editors

Many migraineurs report that dietary factors can precipitate their attacks. Although not all eating plate nutrients incriminated by patients withstand rigorous prospective assessment, there is evidence indicating that migraine can be aggravated and/or triggered in certain patients by fasting, alcohol intake, excessive caffeine consumption, insufficient intake of B vitamins, or unhealthy dietary habits. On the other hand, particular diets and nutraceuticals were shown to be beneficial as migraine preventives.

The purpose of this Special Issue is twofold. First it will feature three invited reviews where the scientific data, and significant research gaps concerning the metabolic aspects of migraine, the role in its pathogenesis of the brain-gut-eating plate triad, and present or future targeted therapeutic interventions, including diets and nutraceuticals, will be extensively discussed. Second, given the topic's complexity, recent emerging hypotheses, and the lack of evidence in several aspects, we encourage authors to publish their original research work in this Special Nutrients Issue "The eating plate advice for migraine".

Guest Editors

Prof. Dr. Jean Schoenen

Headache Research Unit, Department of Neurology, University of Liège, B-4000 Liège, Belgium

Dr. Marco Lisicki

Neuroscience Unit, Conci Carpinella Institute Urquiza 358, 5000 Córdoba, Argentina

Deadline for manuscript submissions

closed (25 August 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/189946

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)