

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".

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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
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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.

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