

Special Issue

Dietary Modulation in Headache and Migraine

Message from the Guest Editor

Our lifestyle habits and dietary patterns profoundly influence the body in both health and disease. Headache and migraine represent a major global health issue and impose a substantial economic and social burden. Over the past two decades, an increasing number of studies have highlighted how dietary modifications may contribute to improvements in headache disorders, particularly migraine. The mechanisms through which such changes are presumed to exert their effects are diverse, with the most widely discussed involving the normalization of metabolic processes and the reduction of neuroinflammation. This Special Issue aims to provide a comprehensive overview of the various nutritional strategies that have been proposed, along with the corresponding hypotheses or evidence supporting the pathophysiological mechanisms by which dietary interventions may improve headache disorders, and migraine in particular.

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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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