

[IMAGE]

Fish Oil for Migraines

By Editorial Staff

The statistics regarding migraines are sobering: more than 39 million adults and children in the U.S. alone suffer; the worldwide impact is a shocking 1 billion. In fact, according to the Migraine Research Foundation, migraine is the third most common illness globally. The symptoms experienced by migraine sufferers are no less concerning: intense, throbbing pain, sensitivity to light and sound, and potential nausea and vomiting – definitely not your average headache that makes your day less than ideal. Migraines can be debilitating and life-changing.

Believe it or not, food may be the answer for migraine sufferers. We're talking about particular foods supported by research as helpful in reducing migraine frequency and intensity. New research published in the *British Medical Journal* suggests a diet high in fish oil (instead of vegetable oil) may be the key.

migraines - Copyright â Stock Photo / Register Mark Among adults experiencing frequent migraines (more than 16 per month at the start of the study), consuming a diet higher in fatty fish and lower in vegetable oil resulted in a 30-40 percent reduction in total headache hours per day, severe headache hours per day, and overall headache days per month compared to adults who maintained their regular diet.

With migraines contributing to reduced quality of life, lost workdays and pain / frustration, any news is good news. If you suffer from migraines, talk to your doctor about your current diet and whether upping your fatty fish intake (or taking a fish oil supplement) is advisable. Also note that, independent of this study, numerous other research investigations suggest the cardiovascular benefits of regular fish oil consumption. That's a win-win for your health.

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