Spicy foods (chili peppers, ginger) in treatment of migraine headaches by Amos Gelbard.

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In compliance with the above mentioned knowledge on ‘hot’ spicy foods and the pathology of migraine headaches, it’s safe to assume that such treatment, even just a dietary alteration towards eating more spicy foods, could be decisively effective as a preventive against migraine headaches, in those suffering from it, and in treatment of such headaches.

References
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