only after you have achieved headache control and maintained it for four months or more. The details of how you can attempt to reintroduce items will be spelled out later in this chapter.

When Is a Dietary Item a Migraine Trigger?
ANY RESEMBLANCE OF MIGRAINE dietary triggers to food allergies is only superficial. The role of dietary triggers in migraine has nothing to do with allergy, which is when your body’s immune (defense) system overreacts to something. The effect of dietary triggers in migraine is not mediated by the immune system.

Having said that, I have to admit that the specific way in which dietary items trigger migraine is unclear. I find it helpful to imagine that they directly feed into and stimulate the migraine control center in the brain, stacking with other, nondietary triggers such as stress, hormones and barometric pressure changes, and pushing your total trigger level toward (or farther above) your threshold. The effect of each dietary trigger is dose-related: the more, the worse.