

Twelve Natural Ways to Reduce CGRP and Migraines

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November 22, 2016

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CGRP is associated with triggering migraines. The next-generation migraine drug blocks CGRP. Read [Part One](#) of this article to find out what CGRP is and why it's important.

Twelve natural ways to stop CGRP and Migraines:

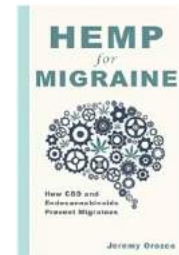
1. Ginger suppresses CGRP (study [link](#)).

250 mg of ginger was found just as successful as Sumatriptan at immediately halting migraines in a 2014 study (full [article](#)).

Hemp for Migraine

How CBD and Endocannabinoids Prevent Migraines

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2. Butterbur suppresses CGRP (study [link](#)).

Butterbur is one of the most powerful migraine treatments (full [article](#)).

3. Grape pomace (dried grape, stem, and pulp) shows an incredibly high suppression of CGRP.

However, this needs to be studied further as there is little research on grape pomace and few supplements are available (study [link](#)).

Pure chocolate should not be confused with the candy we refer to as chocolate, which contains various migraine triggers.

You want pure cacao (full [article](#)).

5. New research shows that CGRP is released to regulate inflamed tissue, noxious heat, and pain from the cold (study [link](#)).

Cryotherapy treatments reduce inflammation and help the body naturally regulate cold and hot temperatures.

Cryotherapy is also effective in treating migraines (full [article](#)).

6. Coenzyme Q10 decreases CGRP (study [link](#)).

There are 16 reasons why coenzyme Q10 will prevent migraines (full [article](#)).

7. Soy is the most common source of isoflavones.

Isoflavones increase CGRP (study [link](#)).

There are 14 reasons why soy is a top migraine trigger (full [article](#)).

8. Orange juice contains synephrine.

Research suggests that synephrine may activate CGRP (study [link](#)).

Synephrine can increase blood pressure, which may release CGRP (CGRP regulates blood pressure).

There are nine reasons why orange juice triggers migraines (full [article](#)).

9. Quick rises in blood pressure release CGRP (study [link](#)).

Strenuous exercise can immediately trigger migraines, possibly from the temporary increase in blood pressure.

Research shows, however, that regular exercise significantly reduces migraines in the long run (full [article](#)).

Regular exercise helps control blood pressure and may help control CGRP.

10. Foods with nitrates increase nitric oxide.

Nitric oxide increases CGRP (study [link](#)).

There are eight reasons why foods with nitrites/nitrates trigger migraines (full [article](#)).

11. Caffeine withdrawal causes abnormal blood flow to the brain (study [link](#)).

CGRP plays an important role in regulating blood pressure.

Caffeine may temporarily suppress CGRP by constricting blood vessels.

However, becoming dependent on caffeine and missing that morning cup of coffee may result in vasodilation (wide pipes), the release of CGRP, and migraines (full [article](#)).

12. Vitamin D is needed to produce serotonin (study [link](#)).

Medications that increase serotonin are successful in reducing CGRP and migraines (study [link](#)).

There are eight reasons why vitamin D prevents migraines (full [article](#)).

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