

HYH Diet Ingredient Checker

The Heal Your Headache (HYH) Diet was created by Dr. David Bulchholz and published in the book by the same name. The book includes the most common Migraine trigger foods reported by Dr. Bulchholz's patients. People with frequent migraine attacks, both classic and vestibular, might benefit from adopting this diet for at least four months or until migraine decreases significantly. We call this baseline. Once you have reached your baseline with Migraine, you can then attempt to [reintroduce foods individually to identify your own food triggers](#). Below, there is an Ingredient Checker created by our admin team from Migraine Strong. Hopefully, this will allow you to feel more comfortable when selecting foods to order online or pick up from the store.

[Click here to learn more about the HYH DIET and Migraine Triggers](#)



banana, almonds, chocolate, coffee, cheese, yeast, coconut, peanuts, soy bean, watermelon, apple, lime, oranges, soy sauce, macademia, onion, avocado, carob, citric acid, citrus extract

This product is not safe on the HYH Diet. ✕

It contains the following common migraine triggers: banana, almond, chocolate, peanut, lime, orange, macademia, onion, avocado.

It contains a form of MSG or is high in Glutamine in these ingredients: soy sauce, yeast.

[CHECK MORE](#)

This product contains the following ingredients that are considered "iffy" on the HYH Diet: coconut, apple, carob, citric acid, citrus extract.

Coffee is a trigger, unless it's swiss water processed, water processed or CO2 processed.

There are other diets that we recommend as well, Keto x HYH as well as Charleston. If you are not seeing any results from the HYH diet, feel free to check out [this information on the other recommended diets.](#)