

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](#)



Copy and paste, or manually enter an ingredient or ingredient list to see if the food product is considered “safe” based on the HYH Diet. It should be separated by a comma and one space. Eg: banana, apple, peanut.

IS IT SAFE?

Disclaimer: Even though these foods are marked as “safe” based on the HYH Diet, everyone has different triggers. Something that may be considered safe for the majority of people, may be a personal trigger for you.

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](#).