Migraine Headaches Could Be Related to Blood Sugar

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Migraines and Blood Sugar

Susie called me, unable to keep her massage appointment with me due to her migraine headache. She was my massage therapist, very effective at what she did. One massage from Susie was all I needed every month, and I felt strong and limber.

She had had migraine headaches her entire life but they had come on strong in the last few weeks. We discussed what might be triggering them and found that one possible reason why she was having the migraines was related to poor eating habits.

For example, this particular headache came on around 10 p.m. and the last meal she had eaten was lunch at 3 p.m. She wasn’t usually a breakfast eater, which means she essentially only had one meal that day, plus a snack.

Low Blood Sugar Is Often Overlooked

Migraine headaches are a symptom of low blood sugar in some people. Normally, here’s how the blood sugar system works in the body:

1. You eat a meal. The foods in that meal are broken down by enzymes and the sugar in the food is released to the blood. The blood sugar rises.
2. Your pancreas detects the rise in blood sugar and then produces insulin to bring the blood sugar level within the normal range, 80-120 mg/dl.
3. If the blood sugar level initially rose too high, the pancreas had to produce more insulin than what is normally needed. The result is that the blood sugar can go down into the low blood sugar zone. It will stay there until you eat again.

The lunch she had eaten had a fair share of high Glycemic index foods, so we can expect that her blood sugar level initially rose too high. This released a higher than normal amount of insulin which brought her blood sugar down too low. Her migraine headache started around 7 p.m., which is the expected time that low blood sugar would start to cause a migraine headache or other symptoms.

The Basics about Low Blood Sugar Symptoms

When you eat a meal, your blood sugar level should stay within the normal zone for at least 4 hours. This means you should not be hungry, should not have cravings, and should not feel fatigued for at least four hours. However, by incorporating high Glycemic index foods, you can expect to be hungry in as little as 1 hour later after completing your meal. The symptoms of low blood sugar may also accompany the hunger. Here’s a list of those symptoms:
- Fatigue
- Passing out
- Angry
- Slurred words
- Can't concentrate
- Irritable
- Headache
- Take things personally
- Bad cravings
- Depressed
- Will eat anything in sight
- No will power
- Hallucinations
- Psychotic symptoms

If migraine headaches are caused by low blood sugar, the answer is meal planning, not a pharmaceutical drug. Meal planning allows Susie to keep her blood sugar levels stable all day long, and avoid getting any migraine.

Where the idea came from that people can go without eating breakfast is unknown. The fact is that your human physiology is made to run on small frequent meals during the day over a 10-12 hour period of time, with the exception of when you are fasting. Trying to buck the system by skipping meals creates erratic patterns that increase the stress in the body.

If you are eating meals erratically and have migraine headaches, change this one thing and eat regular meals for a month. Keep a journal of how many migraine headaches you get. I know you'll be amazed at what you learn during this month!