Your mouth may be triggering migraine pain.

The throbbing pain of a migraine attack can last for hours – sometimes even days. Stress, alcohol and caffeine, weather changes, strong smells and some foods can trigger migraines. Now, a new study shows that migraines could also be caused by certain bacteria in your mouth.

Researchers looked closer at the foods that set off migraines – chocolate, processed meats, leafy greens and wine. The common factor? They’re all high in nitrates.

To get scientific, the bacteria in your mouth start a process that turns nitrates into nitric oxide, a common headache trigger. The study found that migraine sufferers had higher levels of the enzymes that make nitric oxide in their mouths.

Being extra careful to avoid foods and drinks with nitrates may help in limiting your headaches.

Read how teeth grinding can cause headaches, too
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