

Managing Migraine Headaches Modifying Your Diet

```
{static_content cache="yes"
refresh="30"}{/block_anchor_target}{/block_anchor_target}{block_careteam_members_dynamic}
{/block_careteam_members_dynamic} {block_careteam_members_static}
{description}
```

```
{care_team_members status="Open|hide from care team page"}
```

```
 unknown
```

```
{/care\_team\_members:ct\_first\_name} {/care\_team\_members:ct\_last\_name}
```

```
{/care\_team\_members:ct\_full\_title}
```

```
{/care_team_members}
```

```
{/block_careteam_members_static} {block_collpasing_content}
```

{heading}

```
{content}
```

```
{/block_collpasing_content} {block_contact_form}
```

```
{/block_contact_form} {block_content} {block_content}
```

```
{/block_content}{/block_content} {block_content_columns}
```

```
{column_1}
```

```
{column_2}
```

```
{/block_content_columns} {block_featured_person}
```

```
person:channel_short_name: {person:channel_short_name}
```

```
person:
```

```
title: {person:title}
```

```
{/block_featured_person} {block_hub_links}
```

```
{/block_hub_links} {block_image}
```

```
{caption}
```

```
{/block_image} {block_image_collage}
```

```
{image_gallery}
```

```
{image_gallery:gallery_items limit='1'}
```

```
{/image_gallery:gallery_items}{image_gallery:gallery_items limit='2' offset='1'}
```

```
{/image_gallery:gallery_items}
```

```
{/image_gallery}
```

```
{/block_image_collage} {block_image_gallery}
```

```
{gallery}
```

```
{gallery:gallery_items limit='1'}
```

[Click to open image gallery {gallery:title}, image {gallery:gallery_items:field_row_count}](#)

[{/gallery:gallery_items}{gallery:gallery_items limit='2' offset='1'} Click to open image gallery {gallery:title}, image](#)

[{gallery:gallery_items:field_row_count} {/gallery:gallery_items}](#)

[{/gallery}](#)

[{/block_image_gallery} {block_kidshealthmatters}](#)

[{articles}](#)

[Managing Migraine Headaches Modifying Your Diet](#)

Image not found or type unknown

[{articles:entry_date format='%F %j, %Y'}](#)

[{articles:title}](#)

[{articles:article_teaser_copy}](#)

{/articles}

This is a carousel with rotating slides. It is not auto-rotating. Use Next and Previous buttons to navigate.

Previous Article

{articles limit="5" orderby="random"}

[Managing Migraine Headaches Modifying Your Diet](#)



Image not found or type unknown

{articles:entry_date format='%F %j, %Y'}

[{articles:title}](#)

[{articles:article_teaser_copy}](#)

{/articles}

Next Article

1 / 5

[See all Gillette Stories](#)

{/block_kidshealthmatters} {block_links}

{links}

{/links}

{/block_links} {block_locations_dynamic}

No category selected to display locations.

Locations Dynamic

{/block_locations_dynamic} {block_locations_static}

{locations}

[{locations:title}](#)

{/locations}

{/block_locations_static} {block_multitab}

{widget} {widget:widget_content}

- [{widget:widget_content:tab_title}](#)

{/widget:widget_content} {/widget}

{widget} {widget:widget_content}

{widget:widget_content:tab_content}

{/widget:widget_content} {/widget}

{/block_multitab} {block_page_intro}

{/block_page_intro} {block_template}
{/block_template} {block_event_counter}
{description}
{events}

{events:title}

{events:counter_description}

{/events}

{/block_event_counter} {block_page_test_section}{/block_page_test_section}{/static_content}

[Appointment: 651-290-8707](#)**[Refer a Patient: 651-325-2200](#)****[Pediatric Expert Consult](#)****[More Ways to Contact Us](#)**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).