



# 2026 INTERVIEW SUMMARY SHEET

## SPEAKER

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## TOPIC

What Everyone With Migraine Should Know About Gut Health

## TITLE & ORGANIZATION

Pain & Headache Specialist  
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San Diego

## KEY TAKEAWAYS

- The gut is the primary driver of communication in the gut-brain axis, sending more signals upward to the brain than it receives.
- The vagal nerve is the primary communication highway; improving its "tone" through lifestyle or devices can mitigate migraine attacks.
- Research suggests that for every 10 grams of fiber increased in the diet, there is a 10% reduction in migraine potential.
- A healthy gut produces its own B vitamins and serotonin; when the gut is sluggish or constipated, this production is compromised.
- Chronic use of NSAIDs and certain migraine preventives can damage the gut lining or slow motility, creating a feedback loop that worsens migraine.
- Migraine patients typically show lower levels of anti-inflammatory bacteria like Lactobacillus and Bifidobacterium.

## KEY TREATMENTS

- Biofeedback
- CGRP inhibitors
- Fiber
- Ginger
- Lifestyle
- Metoclopramide (Reglan)
- Neuromodulation
- Omega-3 fatty acids
- Oral health
- Riboflavin (vitamin B2)
- Triptans
- Vagal nerve stimulation

## NOTABLE QUOTES

*"Think about what am I feeding my gut ... Not just what I'm eating and my supplements, but how am I feeding my gut with my mindset, my exercise, my sleep pattern, and my stress management."*

*"Arguably, one of the biggest tools we have is shifting diet ... overall migraines decreased by 50 to 70%, which is better than almost any medication we have."*

## PRACTICAL STEPS

- Aim for 25–30 grams of fiber daily by adding flaxseed, fruits, vegetables, or supplements like Sunfiber.
- Transition toward the Mediterranean or DASH diets to incorporate more phytonutrients and antioxidants.
- Use omega-3 fatty acids to help beneficial gut bacteria produce butyrate, which is protective against migraine.
- If you are experiencing constipation (especially from CGRP medications), use magnesium citrate or oxide to keep the gut regular.
- Incorporate deep breathing, biofeedback, or humming to improve vagal tone and signal safety to the nervous system.
- Work with a registered dietitian to identify nutritional gaps.