

# MIGRAINE RESEARCH INSTITUTE

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## **Research data proves link between chocolate and migraine**

Research data using chocolate bars, and bars of carob as a placebo, has shown that chocolate does indeed cause migraines in certain unfortunate patients. The London based study was conducted on a sample group of 20 migraine sufferers.

According to Dr Elliot Shevel, peer-reviewer for the *European Journal of Neurology*, "This is the first statistically conclusive study of its kind testing chocolate as a cause of migraines. The chocolate bars caused migraine in 41% of the subjects while the carob bars did not induce migraine in a single sufferer." The double-blind placebo controlled study was published in *Cephalgia*, the worlds most respected peer reviewed Headache and Migraine medical journal.

"If your partner is a migraine sufferer, carob bars available from your local health store may well increase your chances this valentine's day" concluded Dr Shevel.

For further details on the study please [contact Mary-lee Cantor on +27 11 484 0933](tel:+27114840933)

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