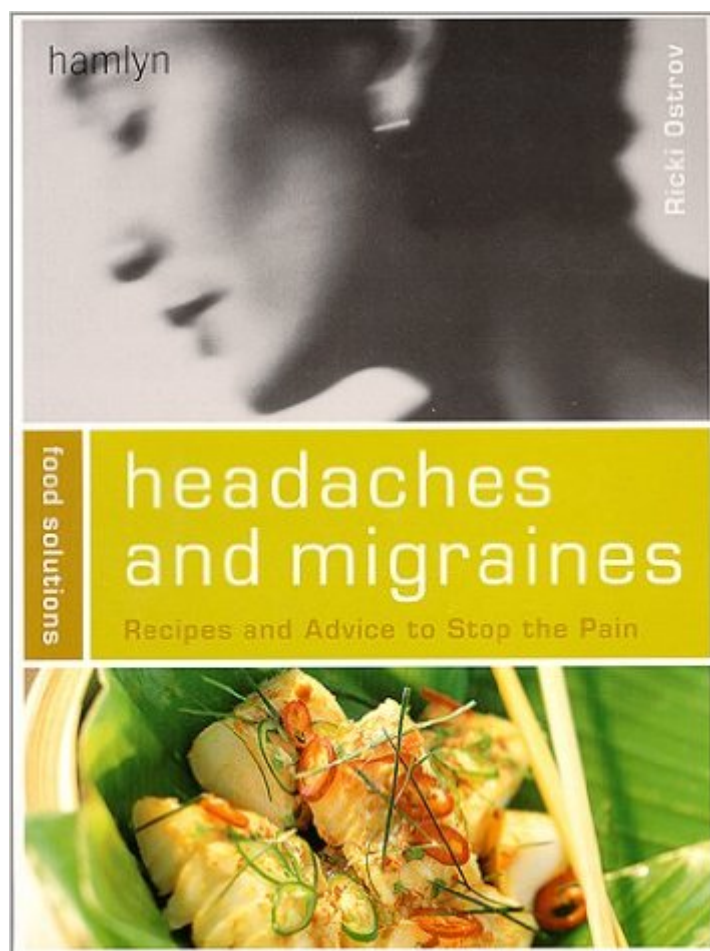


The book was found

# Headaches And Migraines (Food Solutions):: Recipes And Advice To Stop The Pain



## Synopsis

As we work longer hours and lead more stressful lives than ever before, headaches and migraines have become an all-too-familiar companion to daily living. Though there is presently no cure for the chronic headache or migraine, the last half of the 20th century brought new and improved treatments--and ways to reduce their impact as well as lessening frequency and severity. Try this overview of orthodox medicine and complementary therapies and pain management. And, since correct diet and nutrition play an integral part in how to control the pain, it also includes a selection of exclusion recipes, designed to omit common potential triggers, avoid problem foods, and flag the nutritional deficiencies, allergies, eating patterns, chemical reactions and intolerances you might encounter. This is all the information you need to help control headaches and migraines...instead of letting them control you.

## Book Information

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## Customer Reviews

An excellent up to date book. Nicely detailed book that's easy to understand but doesn't speak to you like you're a child. It goes through the four phases of a migraine. It's exactly what happens to me except for the aura. con: recipes contain possible trigger foods, such as blue cheese. I've purchased a lot of books on migraines and this is my favorite. I feel I can share this book with family members so they can better understand what I go through.

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