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The Migraine Diet Cookbook: Over 50 Recipes Without Common Triggers or Additives to Help Eliminate or Reduce the Severity and Frequency of Migraine Attacks Plus Common Ingredient Substitutes (Paperback)

By Michelle Strong

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: N/A. Brand New Book ***** Print on Demand *****. Diet can be THE most important element in the overall approach to reducing the frequency and severity of migraine attacks. However, trying to avoid migraine food triggers and additives when you are a migraine sufferer can be a nightmare. Each recipe in The Migraine Diet Cookbook contains no known common migraine triggers or additives. Based on the Headache Elimination Diet, this cookbook provides almost 60 recipes that either don't contain the common migraine triggers, or have had them replaced with a non-trigger substitute. Many recipes include ingredients that contain nutrients that are known to be beneficial for migraine sufferers. To help with cooking other recipes every day, this cookbook also contains a list of substitutes for common food ingredients that are known migraine triggers.



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