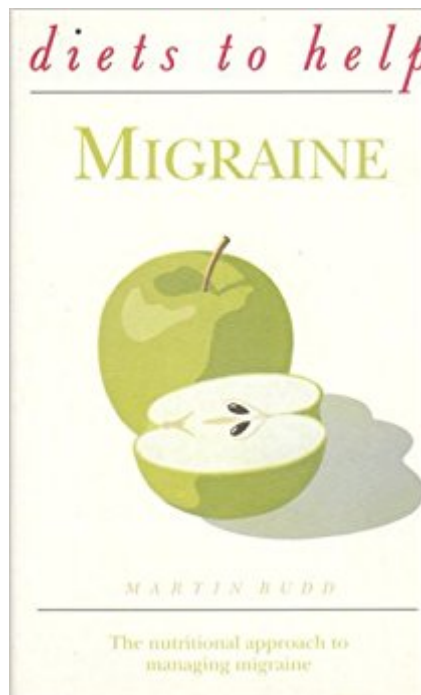




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Migraine: The Nutritional Approach To Managing Migraine (Diets To Help)



Synopsis

The connection between food, drink and migraine has been established for many years -- so eliminating migraine triggers from your diet can be extremely beneficial. This guide explains what the triggers are and how to diagnose them; how allergies can cause migraine; the connection between migraine and low blood sugar; and diets that can help.

Book Information

Series: Diets to Help

Paperback: 96 pages

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Average Customer Review: 3.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

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Customer Reviews

I've been a migraineur for years. I've tried everything from avoiding foods that are common triggers to preventative medicines and nothing worked. I bought this book five years ago but wasn't ready to make the necessary changes at the time. Finally, after having up to five migraines a month, I decided to give this a try. I've been following this for almost 3 months and have only had 1 migraine. Coincidence? Maybe. Will I stick with this? Definitely. The author is a believer in the connection between blood-sugar levels and migraines and has many interesting theories. If you are a migraineur at the end of your ropes, you might want to give this a try.

Good resource for those who are new to the concept of diet and it's relationship to migraines.

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