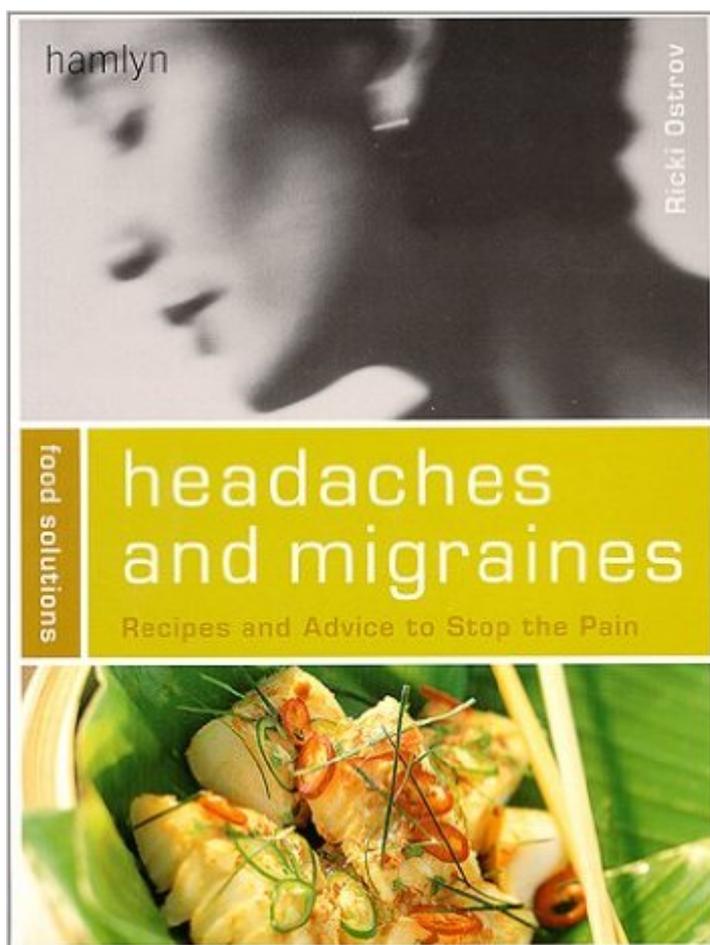


The book was found

# 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

Series: Food Solutions (Sterling)

Paperback: 128 pages

Publisher: Hamlyn; First Edition edition (October 1, 2000)

Language: English

ISBN-10: 0600596834

ISBN-13: 978-0600596837

Product Dimensions: 10.3 x 7.7 x 0.5 inches

Shipping Weight: 14.1 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #5,035,862 in Books (See Top 100 in Books) #101 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #3057 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #17781 in [Books > Health, Fitness & Dieting > Nutrition](#)

## 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.

[Download to continue reading...](#)

Headaches and Migraines (Food Solutions):: Recipes and Advice to Stop the Pain Combat  
Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or  
tension headaches (Combat Dis-Ease) (Volume 2) Trigger Point Therapy for Headaches and  
Migraines: Your Self -Treatment Workbook for Pain Relief Overcoming Headaches and Migraines:  
Clinically Proven Cure for Chronic Pain Trigger Point Therapy for Headaches & Migraines: Your  
Self-Treatment Workbook for Pain Relief Stop Headaches Now: Take the Bite Out of Headaches  
100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food  
Recipes,Food Processor Recipes,) TMJ Temporomandibular Joint Dysfunction - Causes,  
Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain &  
Headaches Due to TMJ) Complete Idiot's Guide to Migraines and Other Headaches No More  
Headaches No More Migraines Change Your Habits Change Your Life: Break Your Bad Habits,  
Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop  
Gambling, Stop Overeating) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on  
the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung  
Cancer, Smoking, Stop) 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms,  
and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) Defeat Chronic Pain  
Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions,  
Migraines, Diabetic Neuropathy, and Chronic Illness VIETNAMESE VEGETARIAN FOOD - OUR  
FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE  
HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN  
SERIES Book 1) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain  
Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip  
Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief,  
hip joint pain, hips) Wrist Pain,Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only  
To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow,  
(Children health care Book 1) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR  
THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER  
(VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) ORGANIC COOKBOOK:  
Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food,  
food recipes, nutritious food)

[Dmca](#)