



## The Migraine Diet Guide: A Complete Diet Guide for People with Migraine Attacks (Also Includes: Migraine Safe and Un-Safe Foods, Grocery Shopping List and Eating Out Tips and Guidelines) (Paperback)

By Monika Shah

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A Complete Diet Guide for People with Migraine Attacks (Also includes: Migraine Safe and Un-Safe Foods, Grocery Shopping List and Eating Out Tips and Guidelines) This book has been specifically designed and written for people who suffer from Migraine attacks time to time and seriously looking for easy to follow methods to keep this unbearable disease away. Apart from taking medications prescribed by the doctor, it is extremely important to eat the right type of foods, as some foods may trigger Migraine attacks. This book will not only help you in identifying foods that may trigger Migraine attacks but also with making right choices while buying groceries and eating out in restaurants. Let s take a closer look on what this book has to offer: The Research: This part of the book educates you not only about the Migraine disease itself but other various types of Migraines too. It covers the various kinds of Migraines one can suffer from, their possible causes and triggers. It also helps one in distinguishing the difference between normal headaches and real Migraine attacks....



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