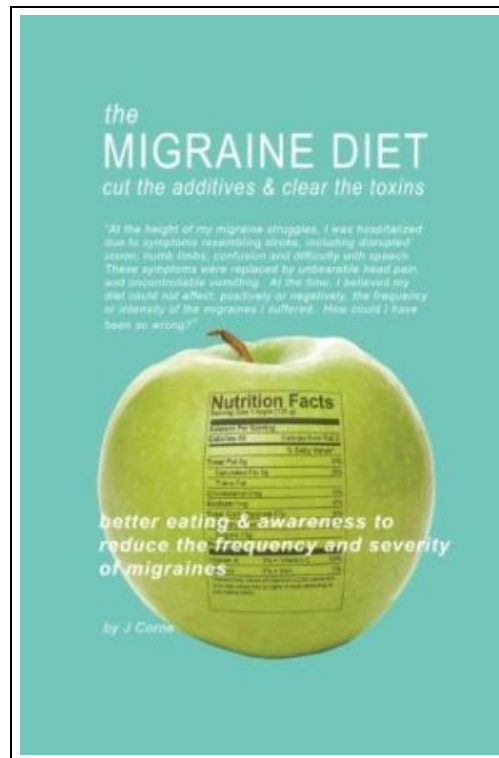


The Migraine Diet: Cut the Additives Clear the Toxins (Paperback)



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Reviews

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.

(Myah Williamson)

THE MIGRAINE DIET: CUT THE ADDITIVES CLEAR THE TOXINS (PAPERBACK)**DOWNLOAD**

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What s in your food, and how is it affecting your health? Have you ever stopped to consider the side-effects of the additives and preservatives listed on the food labels at your supermarket? Why are they there and what do they do? Could they be making you sick? After 20 years as a migraine sufferer finding no relief from prescriptive migraine medication, J Come began to ask these questions and more. The ensuing research resulted in the creation of The Migraine Diet, Cut the Additives Clear the Toxins, which proposes diet, specifically food additives preservatives, as the overriding factor in triggering migraine for many sufferers today. The Migraine Diet presents information as pertains to the following: What s in our food? What s in your food? Commonly Cited Migraine Triggers Toxins Neurotoxins Additives Avoiding MSG (the hidden names of Monosodium Glutamate) GRAS Sulphites Nitrites Caffeine Vitamin Supplements Medication Food Labels That Mislead Sample Ingredient Lists Amines Detoxification Alkaline Acidic Foods What s Left To Eat? Foods In My Cupboard: Ingredient Lists The Glycemic Index Other Factors That May Trigger Migraine What Does It All Mean? Recipes I see the complexity of migraine and the promise of current research in finding better migraine management solutions. I have experienced an increase in energy, improved sleep sleep patterns, loss of body fat and consistently maintained lowered body weight for over four years (and counting) through diet, moderate exercise and a commitment to cutting additives and other toxins from my diet as outlined in The Migraine Diet. I invite you to do the same and wish health and success to all who read this book.

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