



## 52 Headache and Migraine Solutions: 52 Meal Recipes That Will Stop the Pain and Suffering Fast and Effectively (Paperback)

By Joe Correa

Live Stronger Faster, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.52 Headache and Migraine Solutions: 52 Meal Recipes That Will Stop the Pain and Suffering Fast and Effectively By Joe Correa CSN Migraines and headaches are common issues that you must have experienced at least once in your life. There are so many different factors that cause and contribute towards migraines. But before I get to that, let s make one thing clear - there is a big difference between migraines and headaches. A typical migraine feeling makes you think your head is about to explode out of a throbbing pain. Symptoms like neck pain, lack of stamina, bad coordination, and loosing concentration are usual migraine side effects. However, if these symptoms are getting stronger every day, you should visit your physician for examination and consultation. Headaches are not constant like migraines, but they are also painful and can be caused by lack of proper nutrition. Insufficient amounts of magnesium, fiber, calcium, or carbs is one of the main causes for headaches. Changing some of your eating habits can prevent and even treat these conditions. There are many studies and research that show...



### Reviews

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