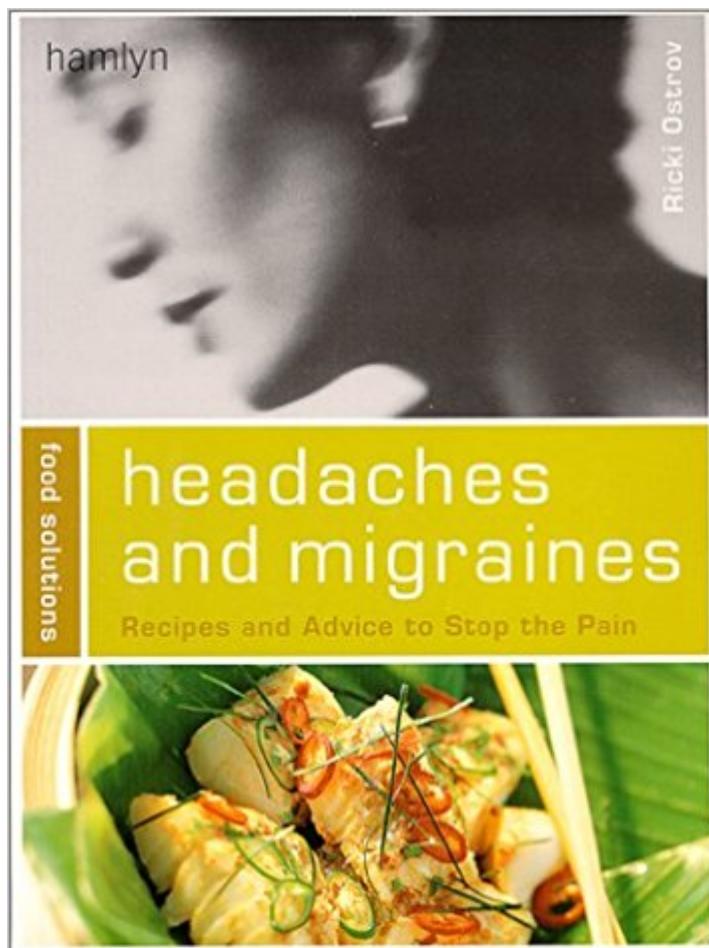


The book was found

# 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 (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #5,341,249 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #3278 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #18766 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Beat the pain of headaches and migraines. With sections on self-help, orthodox remedies, complementary therapies and nutrition, this informative book is the key to a headache-free life. Over 60 recipes to break the cycle of pain. Tips to identify foods that trigger headaches and migraines. Practical steps to control the symptoms. Information on orthodox and alternative medicine.

Ricki Ostrov is an author who is particularly interested in the field of popular medicine. She has

worked in the past on several health-related magazines and written books on the subjects of migraines and skin complaints.

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.

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