

The Migraine Relief Plan: An 8-Week Transition to Better Eating, Fewer Headaches, and Optimal Health



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Reviews

This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever.
(Dr. Nelda Schuppe)

THE MIGRAINE RELIEF PLAN: AN 8-WEEK TRANSITION TO BETTER EATING, FEWER HEADACHES, AND OPTIMAL HEALTH

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Agate Surrey. Paperback. Condition: New. 256 pages. Dimensions: 7.0in. x 0.0in. x 9.0in. An essential lifestyle guide to reducing headaches and other symptoms related to migraines, vertigo, and Menieres disease. Its slow-approach plan and more than 75 trigger-free recipes set readers up for success even when they're in pain. One in four American households includes a migraine sufferer, and migraine attacks cost employers 113 million lost workdays every year. Most current migraine treatment focuses on prescription medication and trigger-point injections, which are often expensive and carry the risk of side effects. In *The Migraine Relief Plan*, certified health and wellness coach Stephanie Weaver outlines a new, step-by-step lifestyle approach to reducing migraine frequency and severity. Using the latest research, her own migraine diagnosis, and extensive testing, Weaver has designed an accessible plan to help those living with migraines, headaches, or Menieres disease. Over the course of eight weeks, the plan gradually transitions readers into a healthier lifestyle, including key behaviors such as regular sleep, trigger-free eating, gentle exercise, and relaxation techniques. The book also collects specific resource shopping lists, weekly meal plans, symptom tracking charts, and kitchen-tested recipes for breakfast, lunch, snacks, and dinner to provide readers with the tools they need to be successful. In addition to eliminating suspected migraine triggers, this unique diet is low-sodium, which helps with balance and dizziness, as well as sugar- and gluten-free, which helps reduce inflammation all symptoms associated with migraines and related conditions. *The Migraine Relief Plan* encourages readers to eat within the guidelines while still helping them follow personal dietary choices, like vegan or paleo, and navigate challenges, such as parties, work, and travel. A must-have resource for anyone who lives with head pain, this book will inspire you to rethink your attitude toward health and wellness. This item ships from multiple locations. Your book may...



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