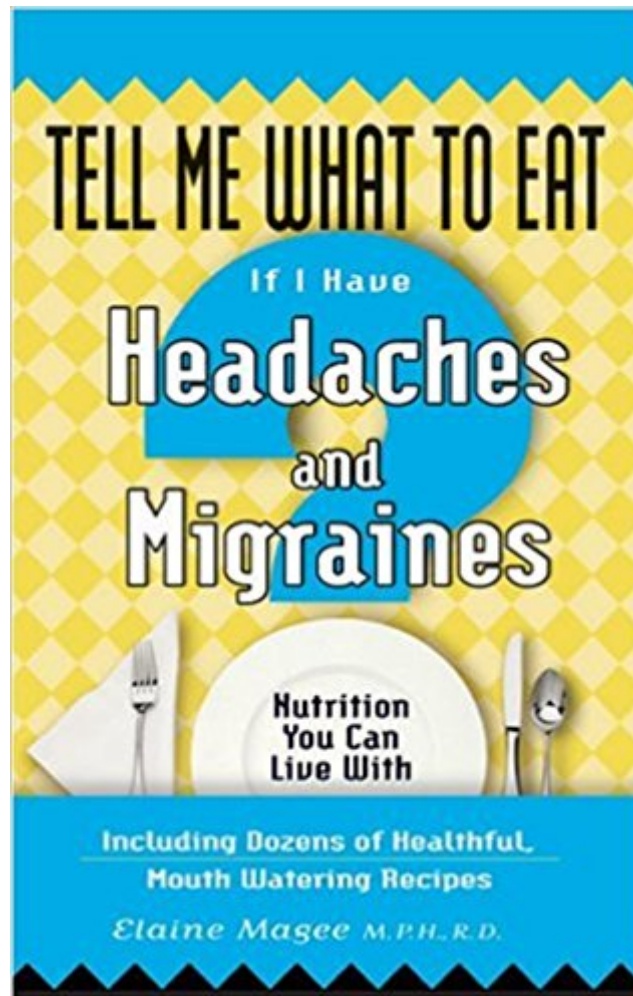




The book was found

# Tell Me What To Eat If I Have Headaches And Migraines



## Synopsis

Tell Me What to Eat If I Have Headaches and Migraines contains: \* Everything you need to know about diet and headaches. \* The most common food/drink migraine triggers. \* Which beverages are the worst. \* How to eat when under stress. \* Key facts about how to eat the right foods at the right times. \* The 10 food steps to freedom. Magee is the content provider for WebMD and serves as a nutrition expert and 'Recipe Doctor' for the WebMD Weight Loss Clinic. Elaine contributes to several magazines including Woman's Day, All You, and more.

## Book Information

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## Customer Reviews

My neurologist suggested that I read this book and after dealing with migraines since my early teens I thought what can I lose. My biggest piece of advice when reading this book is don't go in thinking everything is going to apply to you. Take the bits that do and apply them to improving your life with migraines and you will see that you will start having fewer symptoms.

This was a disappointing book to me. I was excited to think I had found a book that would help me build a diet of items that were 'safe' to eat. This book, however, gave the typical lists of what not to eat. It is also pretty confusing because one page will list good foods to eat, for example, that are high in magnesium but includes standard trigger foods such as chocolate and nuts that are noted on other pages as being possible problems. It is like the author just copied the list from somewhere and

didn't even bother to note which items are thought to be triggers for migraines. The book also has, in my opinion, a too light-hearted feel to it. I was hoping for some solid advice on what to eat in a no-nonsense tone...but didn't find here unfortunately. Maybe I would like the book better if I tried a few of the 21 recipes. I was just hoping for more than a "Peachy Cake" (one of the 21 recipes) book.

This is the right book if you need to understand food and migraines. It has opened my eyes to learn how to eat when having a migraine.

Love it. It's a FANTASTIC book

Some of this book is ok. If they would just stick to nutrition it might be ok. They wrote that exercise triggers migraines. Exercise opens the blood vessels and helps aid blood flow. My wife started getting on the treadmill in the mornings, and it's greatly reduced her migraines and improved our love life. Many parts of this book are crap. Oh, and it says sex triggers migraines. It actually relieves it. (again, that exercise factor)We read half of it and pitched it in the trash.

I was suffering from migraines for months. A doctor told me to purchase this book. I was in so much pain I never read it and finally found a medication to squash the migraines. No clue if it is worth the money.

This book offers a ton of practical information for people who suffer from the 6 common types of headaches. My whole family shared the book. I suffer from hormonal headaches and found that information very helpful while another family member has migraines and is currently filling out her headache diary (included in the book) so she can better understand what her triggers are. I loved that there were lots of lists and tips as well as reader-friendly answers to complicated medical questions. I've tried a handful of the recipes so far and they offered tasty and easy to make alternatives to favorite foods that have been identified as potential headache triggers. The reason there are different lists of foods for the different headaches is because each type of headache has different foods to choose and foods to lose. I recommend this book highly! It really helped two people in my family.

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