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



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...

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- Authored by Stephanie Weaver
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