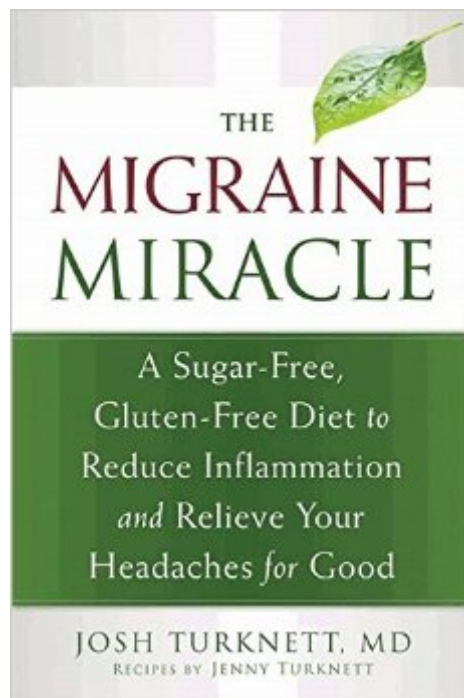


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The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet To Reduce Inflammation And Relieve Your Headaches For Good



Synopsis

If you suffer from migraines, you know from experience that prescription medication can only do so much to help relieve your suffering. You also know that your next headache could still strike at any time, and as a result, you may lead a life of fear and trepidation, never knowing when the responsibilities of work and family will once again fall victim to your throbbing skull. Unfortunately, despite the many advances in medicine, there is still no real cure for the migraine headache. In *The Migraine Miracle*, a neurologist with a personal history of migraines offers readers the revolutionary dietary cure that has worked for him and continues to work for his patients: a diet low in wheat, sugar, and processed foods, and high in organic, protein-rich animal products. The book also explores the link between inflammation, diet, and migraines, and contains a 21-day meal plan to help readers change the way they eat. By following this easy meal plan, millions of sufferers will discover a life free from symptoms—once and for all. The book includes comprehensive, research-based information that explains what the brain goes through during a migraine headache, the phases of the migraine, and how a diagnosis is made. It also explores the risks and benefits of migraine medication, natural remedies for migraines, dietary migraine triggers, and detailed, specific instructions for a migraine-free eating plan. If you have tried migraine medicine but have not found real relief, it's time to try something new. By changing the way you eat, and understanding what foods can trigger your migraine, you can start feeling better longer, without the threat of a migraine always looming over everything you do.

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Customer Reviews

Original review:I've suffered from chronic migraines and sinus problems for years. I tried meds, acupuncture, worked with a naturopath and tried an elimination diet, but couldn't stop the migraines or find any specific triggers. I finally stumbled across the book 'Heal your headache, the 1-2-3 program' and for the first time I was able to clearly associate my diet with my migraines. I gave up all kinds of food and had success as long as I avoided the giant list of food per that book. I was kind of concerned though, as there was very little discussion about sugar, carbs, or hypoglycemia in that book. It implied that a bowl of ice cream was fine, as long as it was vanilla instead of chocolate. I've been reading and researching anti-inflammatory diets and found more and more compelling scientific info discussing the benefits of cutting back on processed carbs and instead eating unprocessed, whole foods. I even tried the SCD diet that cuts out processed food and complex carbs, but permits plenty of honey and fruit. That didn't solve my headaches.I then came across this book. In addition to recommending an anti-inflammatory paleo-ish diet, this book recommends limiting carbs to under 150 grams a day (and frequently much lower). I had never really focused on my carb count but frequently had sugar spikes from sweets and grains, which left me feeling sick and woozy. I had never associated my sinus pressure or headaches with elevated blood sugar. I always made an effort to balance carbs with fat and protein to slow down the insulin spike, but still had enjoyed the carbs. I realized I still had been consuming lots of carbs, which still raised my blood sugar. Apparently the standard processed food diet involves 250-350 carb grams a day.

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