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

By Stephanie Weaver

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 resources: 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...



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