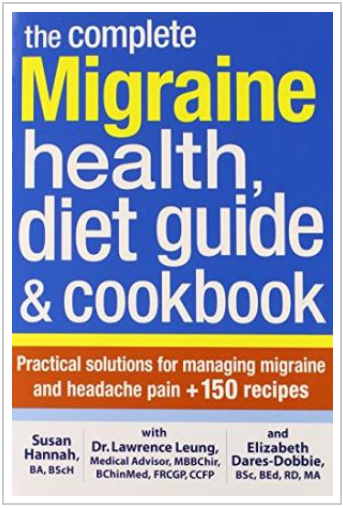

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The Complete Migraine Health, Diet Guide & Cookbook: Practical Solutions for Managing Migraine and Headache Pain + 150 Recipes

By Lawrence Leung, Susan Hannah, Elizabeth Dares-Dobbie

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Complete Migraine Health, Diet Guide & Cookbook: Practical Solutions for Managing Migraine and Headache Pain + 150 Recipes, Lawrence Leung, Susan Hannah, Elizabeth Dares-Dobbie, Despite the prevalence of migraine, tension and cluster headaches in the Western world, headaches still challenge the medical community. While there is no one cause or a specific cure, recent evidence-based research has shown that these headaches are associated with high levels of histamines in the body, and these can be managed effectively through diet and nutrition. The Complete Migraine Health, Diet Guide & Cookbook presents this histamine hypothesis as a way for you to understand your headaches and leads you through steps intended to help prevent your headaches, avoid headaches altogether, or rescue you from your headaches when they occur. The Migraine Free Programme will help you to: Identify the signs and symptoms for migraines, cluster, and tension headaches; Discover the triggers that cause headaches; Understand the medical tests for diagnosing headaches; See the various treatments traditionally used by physicians and other healthcare providers, including the use of prescription medications, physiotherapy, and surgery; Weigh the benefits and risks of alternative treatments, such as acupuncture, body-mind...

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