



How I Got Rid of My Migraines Permanently: My Guide Easy Steps to Eliminate Migraines Forever

By M C Kinsella

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How to get rid of your migraines permanently without medication, aromatherapy or hard to follow diets. I had my last migraine 14 years ago after suffering at least 3 migraines a year for over 7 years. I devised my strategy by studying real medical research and my treatment and technique is not based on any alternative medicine or untested theories. I know it works because it has worked for me for 14 years. I tried numerous over the counter medications, prescription drugs, a multitude of supplements and tried all types of diets and dietary journals that had little or no effect on either the number of migraines I got or intensity of the pain. This drove me to find my own solution and it has worked brilliantly. I originally only set out to reduce the pain and impact of my migraines; little did I know at the start that my solution would eliminate my migraines all together. This solution will only work for real migraine sufferers not people with just bad headaches. This is for...

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