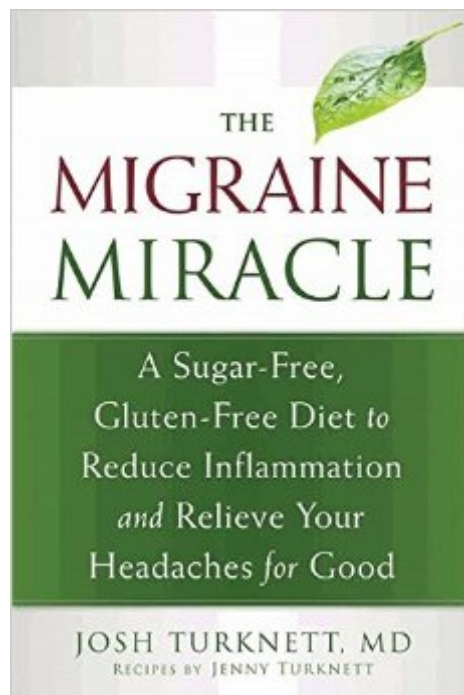


The book was found

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.

Book Information

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (December 1, 2013)

Language: English

ISBN-10: 1608828751

ISBN-13: 978-1608828753

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (73 customer reviews)

Best Sellers Rank: #27,788 in Books (See Top 100 in Books) [#14 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free](#) [#27 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#) [#36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#)

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.

[Download to continue reading...](#)

The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet

(Over 100 Gluten-Free Recipes) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4)

[Dmca](#)