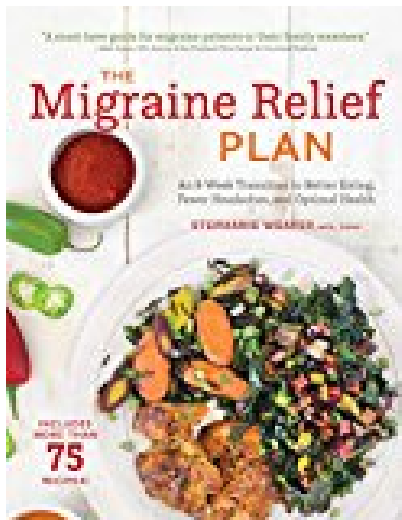


# The Migraine Relief Plan An 8-Week Transition to Better Eating Fewer Headaches and Optimal Health

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## BOOK DETAILS

- Author : Stephanie Weaver MPH CWHC
- Pages : 336 Pages
- Publisher : Agate Surrey
- Language : English
- ISBN : 1572842091

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## BOOK SYNOPSIS

An essential lifestyle guide to reducing headaches and other symptoms related to migraine, vertigo, and Meniere's disease. Its "slow-approach" plan and more than 75 trigger-free recipes set readers up for success—even when they're in pain. 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 migraine, headaches, or Meniere's 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 resources—shopping lists, 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 successful. *The Migraine Relief Plan* encourages readers to eat within the guidelines while still helping them follow personal dietary choices, like vegan or Paleo, and navigate challenges, such as parties, work, and travel. A must-have resource for anyone who lives with head pain, this book will inspire you to rethink your attitude toward health and wellness.

### **THE MIGRAINE RELIEF PLAN AN 8-WEEK TRANSITION TO BETTER EATING FEWER HEADACHES AND OPTIMAL HEALTH**

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