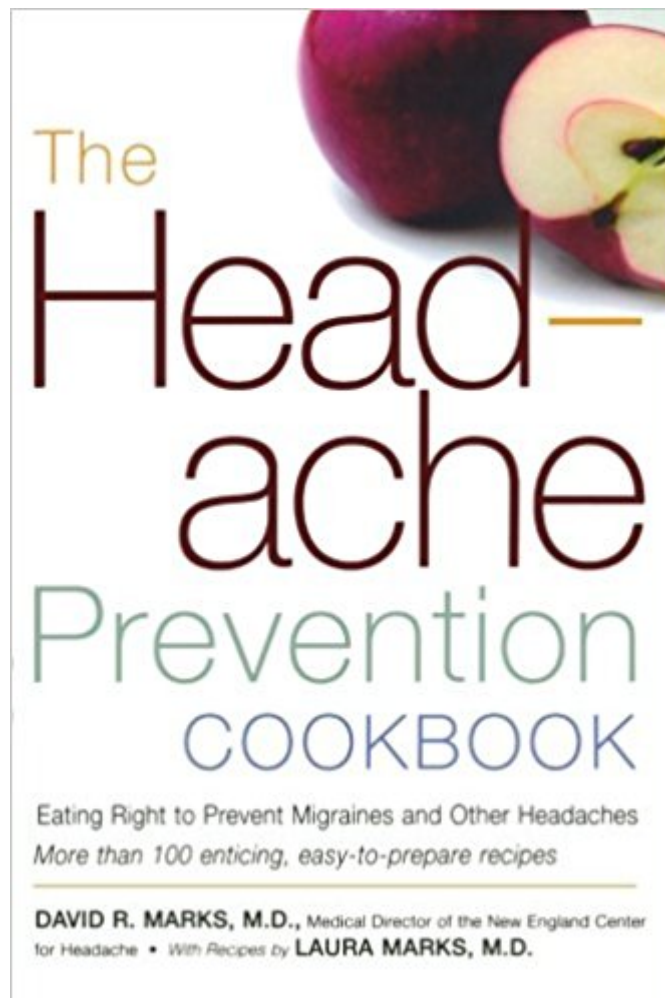




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# The Headache Prevention Cookbook: Eating Right To Prevent Migraines And Other Headaches



## Synopsis

If you're one of the 50 million Americans who suffer from headaches, you can eliminate the pain entirely just by changing the way you eat. A headache sufferer himself, Dr. David Marks treats thousands of patients a year at his internationally known headache clinic. The recipes in this book can help you ward off headaches while ensuring that you eat well in the bargain.

## Book Information

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## Customer Reviews

Food can't cure headaches, but avoiding certain foods may prevent them, according to author David R. Marks, medical director of the New England Center for Headache. Some foods commonly trigger headaches in some people. If you're a headache sufferer, eliminating those foods from your diet is a sensible second step towards managing headaches. (The first step is to see your doctor to determine if there is some underlying condition that is causing the headaches.) The key is to go on an elimination diet that avoids trigger foods such as most cheeses, chocolate, nuts, certain meats, preservatives, artificial sweeteners, MSG, caffeine, beans, out-of-the-oven yeast products (e.g., pizza, yeast breads, doughnuts), alcohol (especially red wine), ice cream, olive oil, and many, many more. If you were left to your own devices to figure out what's left after eliminating all these foods, you'd probably give up within a day. But Laura Marks has done the work for you, putting together 100 recipes that contain none (whew!) of the forbidden foods. The Headache Prevention Cookbook's recipes aren't bland or boring. They include Hearty Potato-Mushroom Frittata, Crepes with Spinach and Cheese Filling, Eggplant "Caviar," Corn and Carrot Chowder, Linguine with White

Clam Sauce, Garlic Chicken, Cornish Hens and Wild Rice with Apricot Sauce, Asian Ginger Beef with Broccoli, Seafood Curry, and Angel Food-Strawberry Delight. The authors suggest that you follow this diet, using their recipes and others you create yourself, for at least two months, and see if your headaches go away. Then gradually reintroduce the foods you avoided, one per week, so you can track which foods are your personal headache triggers. Once you've figured that out, avoiding those foods permanently can be your ticket to a headache-free future. --Joan Price

Food can't cure headaches, but avoiding certain foods may prevent them, according to author David R. Marks, medical director of the New England Center for Headache. Some foods commonly trigger headaches in some people. If you're a headache sufferer, eliminating those foods from your diet is a sensible second step towards managing headaches. (The first step is to see your doctor to determine if there is some underlying condition that is causing the headaches.) The key is to go on an elimination diet that avoids trigger foods such as most cheeses, chocolate, nuts, certain meats, preservatives, artificial sweeteners, MSG, caffeine, beans, out-of-the-oven yeast products (e.g., pizza, yeast breads, doughnuts), alcohol (especially red wine), ice cream, olive oil, and many, many more. If you were left to your own devices to figure out what's left after eliminating all these foods, you'd probably give up within a day. But Laura Marks has done the work for you, putting together 100 recipes that contain none (whew!) of the forbidden foods. The Headache Prevention Cookbook's recipes aren't bland or boring. They include Hearty Potato-Mushroom Frittata, Crepes with Spinach and Cheese Filling, Eggplant "Caviar," Corn and Carrot Chowder, Linguine with White Clam Sauce, Garlic Chicken, Cornish Hens and Wild Rice with Apricot Sauce, Asian Ginger Beef with Broccoli, Seafood Curry, and Angel Food-Strawberry Delight. The authors suggest that you follow this diet, using their recipes and others you create yourself, for at least two months, and see if your headaches go away. Then gradually reintroduce the foods you avoided, one per week, so you can track which foods are your personal headache triggers. Once you've figured that out, avoiding those foods permanently can be your ticket to a headache-free future. (.com Review -Joan Price ) --This text refers to an out of print or unavailable edition of this title.

I had headaches almost daily for about 30 years and FINALLY did something about it. Between this book and the "1-2-3 Program" book, I've eliminated about 98% of my headaches - headaches I thought were incurable. With almost any headache prevention book, you will be told to go on an elimination diet to rid yourself of foods that can trigger headaches. This book has many recipes for folks like us (you're reading this because you have headaches, right?) For a life with significantly

reduced pain, the price of this book is negligible. Buy it, you won't regret it.

This cookbook has helped me go from fifteen headaches a month to three or less. The idea of cutting out the long list of trigger foods can be daunting at first unless you have something like this cookbook to guide you. After a year or so of using it exclusively, I decided to venture out and try forbidden recipes. Sure enough, the headaches came back. I've come back to this book and once again, I'm virtually headache free! I wish David and Laura Marks would write another one. Sallie Parker

Not recommended. The author is no longer practicing headache medicine, the science is outdated, and many recipes include known migraine triggers.

AWESOME BOOK. VERY EASY TO READ....I LEARNED A LOT AND HAVE TRIED A FEW THINGS ALREADY AND SEEN A DIFFERENCE IN MY FREQUENCY IN THEM

Just what I expected to receive in a decent amount of time. Recipes are easy to make and taste delicious.

It is a good book to read, but unfortunately for me, most of the recipes have migraine triggers and I can't eat the foods

There are some really good recipes in the book but I was disappointed that so many recipes contain foods believed to be migraine triggers in them. If you are trying to restrict your diet completely from migraine triggers, most of the recipes will not meet your needs without many modifications.

I've suffered from severe, often chronic, migraines for over 12 years. After finally being seen by some of the nation's top physicians at various specialty clinics across the US for "pulse" migraine treatments (6 months on a specialized medication plan then 6 months+ off that medication) I decided to also try a natural approach to migraine prevention. After much research surrounding diet and migraines I found this book. What I like about this cookbook is that it serves as a great starting point without page long lists of "don't eats". This book alone is no solution, and you need to work to discover your triggers with your physician, but this book is a gateway to getting you started on the right path. I found that this cookbook helped me to know what to lookout for when grocery shopping

and that it gave me ideas for tweaking my own recipes. I took the cookbook seriously, probably more so than was necessary, and switched to organic foods and organic consumer products. With a "green" organic environment and diet, personalized pulse treatments under guidance from my neurologists and plenty of water, sleep and exercise I found a significant reduction in the intensity, frequency and duration of my migraines. Non-rebound and non/low-addictive medications on a personalized pulse treatment plan + this cookbook + Whole Foods and organic cleaning products, etc. + an organic detoxification + Alive Multivitamins + 8 hours of sleep + lots of water + 30-45 minutes of exercise at least 3 times a week = substantial relief. I've been medication free for one year (I still have migraines... but I'm down to 2-4 per month from 27!). Magnesium was also a huge help. 400mg just before, during and just after a menstrual cycle works wonders! I also tried nerve block treatments, which didn't help, and was on a waiting list for Botox injections (thankfully I didn't have to get to that point... though I hear they can work wonders). At the end of the day I think it is about finding what works best for your unique body chemistry. Best of luck.

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