



# **The Migraine Cookbook: More than 100 Healthy and Delicious Recipes for Migraine Sufferers**

*Michele Sharp*

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## **The Migraine Cookbook: More than 100 Healthy and Delicious Recipes for Migraine Sufferers**

Michele Sharp

There are over 28 million people in the United States who suffer from migraine headaches, and there are shockingly few resources available to help them alleviate their pain. While there is still no cure for the migraine headache, research has proven that migraines do have physical causes; triggers for many sufferers include diet, stress, menstruation, and environmental changes. In *The Migraine Cookbook*, Michele Sharp brings together a wide range of carefully selected recipes—from appetizers and main dishes to comfort-food favorites—each complete with information about the trigger-free quality of the recipe, kitchen pointers for preparation, and cooking and serving tips. With over 100 recipes, eight pages of color photos, and sections that address the specifics of this disorder and provide medical information and resource materials, *The Migraine Cookbook* will prove to be an indispensable resource for every migraine sufferer.

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