



The Headache Prevention Cookbook: Eating Right to Prevent Migraines and Other Headaches

David R. Marks, Laura Marks

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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.

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