



Migraine-Free Cooking!

Heidi Gunderson

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Aimed at comforting the true migraine sufferer, this book is full of mouth-watering recipes that are easy to understand and prepare and contain no dietary migraine triggers. The recipes are based on the diet within the book "Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain" by David Buchholz, M.D. If you're ready to take control of your headaches with mouth watering recipes and a method that actually works, this is the book for you! The author spent nearly two years researching migraines and nutrition and cooking methods to bring you the best possible recipes.

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