



Migraine Diet Smoothies: Over 30 Delicious Healthy Smoothies Based on the Migraine Diet Specifically Designed to Contain Beneficial Ingredients for Migraine Sufferers (Paperback)

By Michelle Strong

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Based on the Migraine Elimination Diet, these smoothies have been designed by a chef to be completely safe for migraine sufferers. If you are you using nuts, bananas, and citrus fruits in your smoothies, these foods and many others you might be using are common migraine triggers and could be the cause. Navigating the list of what is and isn't a migraine trigger can be a nightmare. Let this book do it for you, as well as provide recipes with ingredients containing nutrients beneficial for migraine sufferers. They contain superfoods such as kale, blueberries, coconut, coconut water, chia, quinoa, blackberries, and spinach, just to name a few. There are over 30 different recipes to choose from. You will have trouble deciding which one to make! You can make any of these smoothies in complete confidence that they will not trigger a migraine.



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