



**Relief from Migraine and Headache: A  
Nutritionist's Guide - How to Use your Diet to  
Treat the Symptoms of Migraines and Headaches  
and enjoy a Pain Free Future. (Volume 1)**

*Laura Hails*

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# Relief from Migraine and Headache: A Nutritionist's Guide - How to Use your Diet to Treat the Symptoms of Migraines and Headaches and enjoy a Pain Free Future. (Volume 1)

Laura Hails

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Anyone who either suffers from or knows someone who suffers from migraine know the debilitating effect they can have on a person's life. **MIGRAINES AND YOUR DIET** There is no miracle cure or quick fix for migraine, if you are susceptible to them it is likely that you will always be susceptible, but there is long term effective treatment for the triggers of migraine and that can be found in the food you eat. The body, in its perfect form has balance and harmony, every part of the body has a reason for being there and every part supports the whole. Nourish every part of the body with the vitamins and minerals that it needs and it will do the rest. A healthy, balanced diet supplemented with specific foods really can stop migraines. The body is built to deal with toxins and wastes, and eliminating them from the body is the organs' job. What the body is not built for is overload, so if you constantly eat sugar or saturated fats, or drink too much caffeine or alcohol and don't eat enough vegetables, fruit, protein and fibre or drink enough water you are depriving yourself of essential nutrients and your body will begin to slow down, become less effective and ultimately, you will become ill. This then manifests itself in, amongst other things, stress, insomnia, depression and hormonal imbalances - all of which are common triggers for migraine and all of which can be effectively prevented by eating a healthy diet supplemented with specific foods. **RELIEF FROM MIGRAINE AND HEADACHE** Laura Hails is a nationalist who develops recipes and diet plans that rebalance and heal the body. This book skips over the science behind the migraine and gets straight to the point - how to relieve your pain. "Relief from Migraine and Headache." Is a simple and clear guide on how to look at what triggers your personal migraines. The guide will help you evaluate your diet, introduce more nutrition and variety into it and supplement it with the exact foods you need to help you stop your particular triggers. There are also some simple and delicious recipes to get you started. By following Laura's guide you will discover exciting new recipes, a fabulous, healthy new you and best of all a pain free future. **BONUS CHAPTER** As a special bonus there is a chapter on herbs and essential oils that are known for their treatment in relieving the symptoms of migraine and chronic headache. **WHY NOT TAKE A LOOK INSIDE?**

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