



# **Migraine Diet Smoothies: Over 30 Delicious & Healthy Smoothies Based on the Migraine Diet Specifically Designed to Contain Beneficial Ingredients for Migraine Sufferers**

*Michelle Strong*

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**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.**

**Get your copy of these MIGRAINE DIET Smoothie Recipes now! Such a small investment will give you great peace of mind as well as improve your health in leaps and bounds.**

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