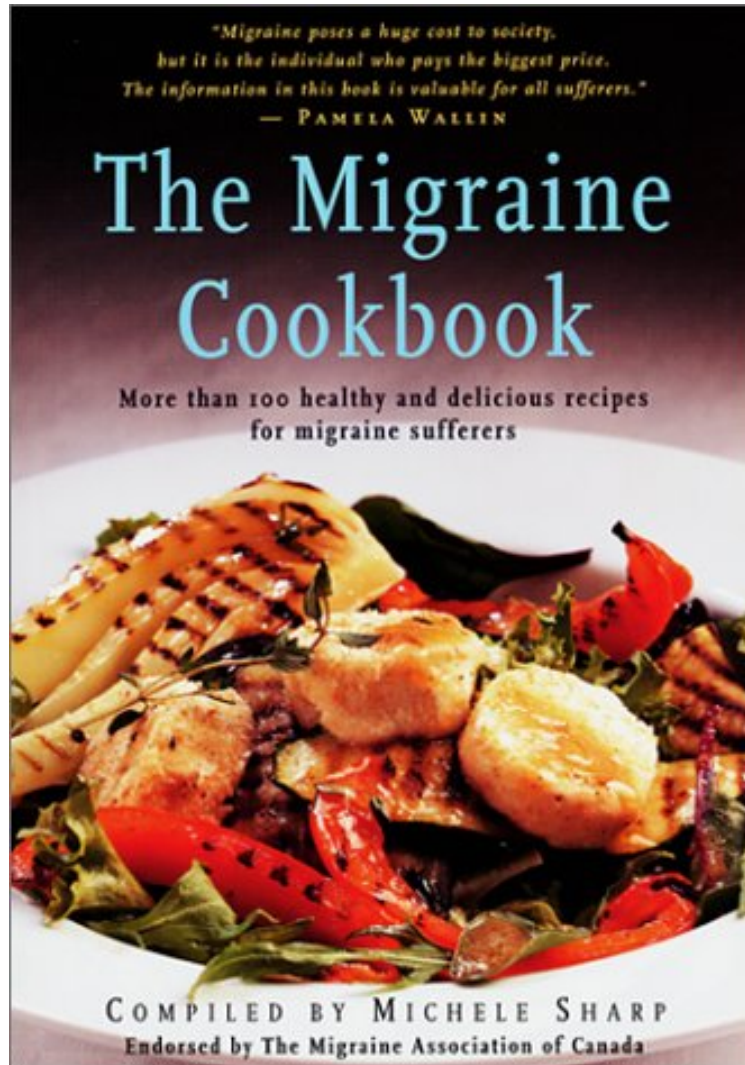


The Migraine Cookbook

Michele Sharp

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#2946175 in Books Key Porter Books Ltd 2001-04-01Original language:EnglishPDF # 1 10.00 x .48 x 6.96l, #File Name: 1552633179160 pages | File size: 75.Mb

Michele Sharp : The Migraine Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Migraine Cookbook:

0 of 0 people found the following review helpful. Outdated, recipes contain triggers.By Stephanie WeaverI have been reading and reviewing every single migraine-related cookbook available. This one was put out by the Migraine Association of Canada in 2001. Some of the material is a bit outdated. Most sources don't include seeds as a migraine trigger. The biggest problem I have with the book is that every other recipe includes a migraine trigger. Ones that they recognize. While I understand that following the diet is restrictive, I totally don't understand why you would include recipes in a cookbook with known triggers like onions and citrus. Not recommended for this reason.2 of 2 people

found the following review helpful. Great for adults. By Christine M. Reed When I discovered my two year old was having migraines and could no longer have cheese, ham or hot dogs, I began the search for more information and other fun things for her to eat now that her favorite foods are taboo. The Migraine Cookbook has some great information about children's migraines, but the recipes aren't quite what I need for a little girl. They are great for adults. I wouldn't hesitate to recommend this book to anyone, but I'm still looking for a recipe book for my daughter. 0 of 0 people found the following review helpful. but still has some awesome recipes and descriptions in it By Customer Not exactly what I had expected, but still has some awesome recipes and descriptions in it!

Endorsed by The Migraine Association of Canada For migraine sufferers who want to learn more about their disorder, The Migraine Cookbook contains invaluable medical information and resource material. It includes a complete range of carefully selected recipes in every category, from comfort food favorites to more contemporary, creative dishes. Other unique features include: sidebars that indicate the trigger-free quality of each recipe; nutritional information for each recipe; kitchen pointers that give helpful preparation, cooking serving tips; and variations that extend the possibilities. Here is a cookbook that helps you to eat well and ward off migraines.