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# Relief From Migraine

**Brian K. Alldredge, Robin L.  
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**The Vitamin Cure for Migraines** Steve Hickey,2010 Nutrition should be the first line of defense for a migraine sufferer This book describes nutritional approaches to both prevention and treatment based on orthomolecular medicine

10 Simple Solutions to Migraines Dawn Marcus,2006-05-03 A neurologist specializing in headache treatment outlines ten simple techniques to help relieve and prevent migraines including drug therapy lifestyle enhancements and complementary therapies including supplements diet and exercise

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