



Tell Me What to Eat if I Have Headaches and Migraines

Elaine Magee

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Tell Me What to Eat If I Have Headaches and Migraines contains: * Everything you need to know about diet and headaches. * The most common food/drink migraine triggers. * Which beverages are the worst. * How to eat when under stress. * Key facts about how to eat the right foods at the right times. * The 10 food steps to freedom. Magee is the content provider for WebMD and serves as a nutrition expert and 'Recipe Doctor' for the WebMD Weight Loss Clinic. Elaine contributes to several magazines including Woman's Day, All You, and more.

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