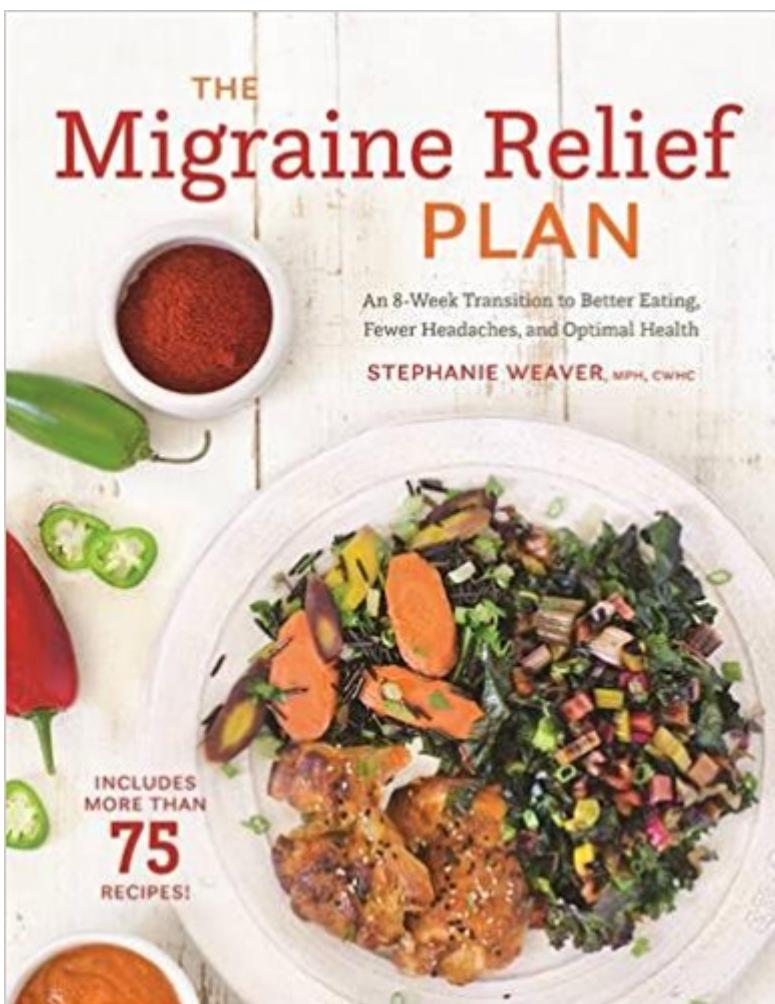


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# The Migraine Relief Plan: An 8-Week Transition To Better Eating, Fewer Headaches, And Optimal Health



## Synopsis

An essential lifestyle guide to reducing headaches and other symptoms related to migraine, vertigo, and Meniere's disease. Its "slow-approach" plan and more than 75 trigger-free recipes set readers up for success—even when they're in pain. In *The Migraine Relief Plan*, certified health and wellness coach Stephanie Weaver outlines a new, step-by-step lifestyle approach to reducing migraine frequency and severity. Using the latest research, her own migraine diagnosis, and extensive testing, Weaver has designed an accessible plan to help those living with migraine, headaches, or Meniere's disease. Over the course of eight weeks, the plan gradually transitions readers into a healthier lifestyle, including key behaviors such as regular sleep, trigger-free eating, gentle exercise, and relaxation techniques. The book also collects resources—shopping lists, meal plans, symptom tracking charts, and kitchen-tested recipes for breakfast, lunch, snacks, and dinner—to provide readers with the tools they need to be successful. *The Migraine Relief Plan* encourages readers to eat within the guidelines while still helping them follow personal dietary choices, like vegan or Paleo, and navigate challenges, such as parties, work, and travel. A must-have resource for anyone who lives with head pain, this book will inspire you to rethink your attitude toward health and wellness.

## Book Information

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## Customer Reviews

Advance Praise for *The Migraine Relief Plan* "A book for migraine patients that celebrates healthy fat and kicks sugar to the curb! A must-have guide for any migraine patient or their family

members. • Mark Hyman, MD, director of the Cleveland Clinic Center for Functional Medicine “If you are paleo and still get migraine attacks, this book is a must-read.” • Terry Wahls, MD, author of *The Wahls Protocol* “Weaver’s knowledge of clean eating and wellness is delicious and authentic. This book is full of incredible information, from how to prep, store, and enjoy nourishing foods to how to get your body working for you, not against you.” • Amie Valpone, bestselling author of *Eating Clean*, “As a physician treating patients with migraines and Meniere’s disease, I have long wished for a resource I could share with them that provides a well-researched, step-by-step approach to making the diet changes that will help ease their symptoms and support their healing.” • Susan Mathison, MD, Catalyst Medical Center & Clinical Spa “This is a phenomenal, holistic resource for anyone living with migraine or vertigo symptoms. With extensive research and personal experience, Weaver has developed a practical plan to help you make lasting lifestyle changes for pain prevention and optimal health.” • Tess Masters, author of *The Blender Girl* “Weaver has thought of everything, from managing your diet with a detailed menu plan to creating a positive environment with meditation and self-care. This is the essential go-to book for anyone suffering from this debilitating condition.” • Sharon Palmer, RDN, nutrition expert and author of the *Plant-Powered* book series “Wow! This is a must-read book for anyone living with migraine. Weaver provides a holistic, flexible, and easy-to-implement plan to combat migraines that includes lifestyle tips as well as enticing recipes that are as delicious as they are easy to make.” • Jeanne Sauvage, author of *Gluten-Free Wish List* “I love a solid plan of action, and with this book, Weaver arms readers with a detailed blueprint to transform their health.” • Melissa Joulwan, author of the *Well Fed* book series “Migraine can leave you feeling so powerless, but Weaver’s innovative approach assures success by focusing on the lifestyle changes we do have control over. An unbelievably helpful guide filled with real-world solutions.” • Alisa Fleming, founder of *Go Dairy Free* “As a preventive and lifestyle medicine physician, my goal is to empower patients to understand and take action to optimize their health utilizing lifestyle, food, and natural strategies. This book does just that by providing easy-to-understand, science-based information in a format that allows the reader to implement lifestyle approaches and take control of their health!” • Dr. Jennifer L. Weinberg, MD, MPH, MBE, author of *The Whole Cure* “Weaver has taken a very complex subject and created an easy-to-understand primer and step-by-step action plan to fewer headaches. There are simple migraine-friendly recipes for any eating style—vegan, dairy-free, egg-free, and grain-free—and practical tips on detoxing your

body and home to remove migraine triggers.  Lisa Wells, founder of Cook Eat Paleo  "As a mother of a food-allergic child, I am all too familiar with the challenges of meeting special dietary needs. This book gives everyone a step-by-step guide to success, and the recipes work for families with multiple dietary restrictions, including gluten-free, sugar-free, nut-free, and low-sodium diets. I recommend this book to anyone dealing with migraine or other restrictions."  Kim Lutz, author of Welcoming Kitchen, Super Seeds, and Ancient Grains  "Weaver's work is superior to any other migraine material I've found. Buy the book, follow her steps, and relieve your pain!"  Donald Gazzaniga, Megaheart.com  "An extraordinary resource! Weaver is the perfect companion for any migraine sufferer. Accessible and incredibly detailed, she offers strategies for reclaiming your life."  Vidyamala Burch, founder of Breathworks Mindfulness and coauthor of You Are Not Your Pain  "Drawing on a wealth of personal and professional experience, as well as her own research, Weaver has put together a manual for migraine patients who are ready to take charge of their own lives."  Bradley J. Katz, MD, PhD, professor of ophthalmology and neurology, University of Utah Health Sciences Center  "So much more than a cookbook or guidebook. Leaving no stone unturned, Weaver has created an all-in-one resource for anyone who deals with migraine headaches. From food to treatments to mindset and fashioning a successful migraine-free lifestyle, you'll find everything you need for long-term health in this very personable, engaging, and comprehensive book."  Ricki Heller, PhD, RHN, author of Living Candida-Free

Stephanie Weaver, M.P.H. is an author, blogger, and certified wellness and health coach. She has a Master of Public Health in Nutrition Education from the University of Illinois. Her recipes have been featured in Cosmopolitan, Bon Appétit, Cooking Light, Parade, and more. She lives in San Diego.

Wonderful book. Great way to learn to make the right choices, for a successful life, free of migraines. An a very useful tool to lose weight without the agony of calorie count. Congratulations.

This book has helped me more than my neurologist. The author walks you through the research about migraines and food triggers, and explains how to evaluate "common knowledge" about how to treat them. If you're struggling with migraines and trying to learn how to get them under control, I would definitely recommend this book, as well as Total Recovery by Gary Kaplan.

It didn't download properly and there were symbols rather than alphabet letters in some sentences along with only being able to see horizontally. It was completely unreadable.

This deeply researched and well-written book offers practical steps for decreasing the impact of migraines on our lives through diet and lifestyle. The background information offers helpful context for why it's important to explore the food/headache connection. The recipes and plan offer a concrete path to make changes. It is easy to get overwhelmed by any suggestion that we have to change the way we eat and plan our days, but the alternative is allowing migraines to control when and how we get to live our lives. Rather than focusing on what we will LOSE by altering our food and lifestyle to avoid migraine triggers, Weaver focuses on what we will GAIN through listening to the wisdom of our bodies.

A great resource for menus and migraine tracking forms. This book also provides a lot of good information about triggers, diet and types of migraines.

Love it, great recipes and helpful advice!

It's not formatted well and many of the words have no space between them or are on top of each other, making it difficult to process the content of this book. I'm considering buying a hard copy as a result, and wish I could return the kindle version.

Purchased it for my wife and has some good points.

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