

Migraine Miracle Guide

- by Dr. David Lee

"This is actually the first non-prescription pain reliever that is specifically for treating migraines. Exedrin contains aspirin, acetaminophen, and caffeine in exact amounts in order to provide fast relief from the discomfort brought about by migraine. "

loc 107-108 | Saturday, November 13, 2021 3:20:28 PM

"Studies have shown that regular aerobic exercise (around 40 minutes per day) is almost as effective in preventing migraine attacks as certain OTC medications. "

loc 137-139 | Saturday, November 13, 2021 3:22:21 PM

"Bananas Besides being a great addition for your ice cream sundaes, bananas can also help with your problems with migraines. Bananas contain lots of magnesium, a mineral that can help your blood vessels to relax, and this in turn will help reduce the pain brought about by your migraine. Bananas also have high amounts of potassium, which is essential in keeping the electrolyte balance in your body stable. "

loc 189-193 | Saturday, November 13, 2021 3:29:32 PM

"Potatoes (with their skins) contain plenty of potassium, "

loc 207-208 | Saturday, November 13, 2021 9:55:57 PM

"Potatoes (with their skins) contain plenty of potassium, "

loc 207-208 | Saturday, November 13, 2021 9:56:22 PM

"Foods That You Should NOT eat "

loc 222-223 | Saturday, November 13, 2021 9:57:07 PM

"This is actually the first non-prescription pain reliever that is specifically for treating migraines. Exedrin contains aspirin, acetaminophen, and caffeine in exact amounts in order to provide fast relief from the discomfort brought about by migraine. "

loc 107-108 | Saturday, November 13, 2021 3:20:28 PM

"Studies have shown that regular aerobic exercise (around 40 minutes per day) is almost as effective in preventing migraine attacks as certain OTC medications. "

loc 137-139 | Saturday, November 13, 2021 3:22:21 PM

"Bananas Besides being a great addition for your ice cream sundaes, bananas can also help with your problems with migraines. Bananas contain lots of magnesium, a mineral that can help your blood vessels to relax, and this in turn will help reduce the pain brought about by your migraine. Bananas also have high amounts of potassium, which is essential in keeping

the electrolyte balance in your body stable. ”

loc 189-193 | Saturday, November 13, 2021 3:29:32 PM

“Potatoes (with their skins) contain plenty of potassium, ”

loc 207-208 | Saturday, November 13, 2021 9:55:57 PM

“Potatoes (with their skins) contain plenty of potassium, ”

loc 207-208 | Saturday, November 13, 2021 9:56:22 PM

“Foods That You Should NOT eat ”

loc 222-223 | Saturday, November 13, 2021 9:57:07 PM