

# Migraine Miracle Guide

- by Dr. David Lee

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

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"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. "

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