



# The Migraine Cookbook

*Michele Sharp*

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**The Migraine Cookbook** Michele Sharp

Endorsed by The Migraine Association of Canada

For migraine sufferers who want to learn more about their disorder, *The Migraine Cookbook* contains invaluable medical information and resource material. It includes a complete range of carefully selected recipes in every category, from comfort food favorites to more contemporary, creative dishes. Other unique features include: sidebars that indicate the trigger-free quality of each recipe; nutritional information for each recipe; kitchen pointers that give helpful preparation, cooking serving tips; and variations that extend the possibilities.

Here is a cookbook that helps you to eat well and ward off migraines.

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