

# the complete **Migraine**

## health, diet guide & cookbook

Bringing together a stellar collection of research, medical experience and first-hand experience, this outstanding resource not only provides information to help you understand your headaches but, more importantly, guides you through strategies that may prevent headaches, reduce their frequency or rescue you from them when they occur. The program helps you to first identify your headache triggers, then work with your health-care team to develop an appropriate management strategy. For many people, this plan of action will include choosing low-histamine, antihistamine and histamine-blocking foods to remove a significant headache trigger.

**The Low-Histamine Diet program is easy to follow and includes dietary therapy, recipes, a 4-week menu plan and low-histamine cooking tips.**

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**Elizabeth Dares-Dobbie**, BSc, BEd, RD, MA, was a consultant at the Department of Family Medicine at Queen's University for over five years, improving patients' quality of life through evidence-based nutritional care. She is now in private practice and is a member of the Consultant Dietitians Network of the Dietitians of Canada.

### Common-sense information, support and resources on:

Understanding migraine, cluster and tension headaches • Causes & triggers  
• Diagnosis methods • Medications & physiotherapy • Complementary & alternative medicine

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\$24.95 CAN

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with Dr. Lawrence Leung  
and Elizabeth Dares-Dobbie

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**Practical solutions for managing migraine  
and headache pain + 150 recipes**

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Hannah,**  
BA, BScH

with  
**Dr. Lawrence Leung,**  
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