



# The Migraine Relief Diet

*Tara Spencer*

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**In *The Migraine Relief Diet*, author and certified nutritionist Tara Spencer offers a simple cleanse, easy-to-follow meal plan, and delicious recipes for migraine headache reduction. A migraine sufferer herself for nearly twenty years, Spencer took control of her diet and eliminated her personal trigger foods to dramatically reduce her migraines.**

Tara shares her methods to help readers identify dietary triggers and guide them towards migraine relief, with:

- An in-depth migraine overview (beyond "a really bad headache") to encompass other severe, prolonged symptoms
- A 3-day cleanse, including symptom tracker, meal plan, and coping strategies
- A 28-day meal plan featuring wholesome, migraine-safe recipes from breakfasts to mains and everything in between
- A post-cleanser reintroduction diet to safely incorporate trigger foods
- Time-saving strategies and health-boosting activities to reduce stress

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