



The

# Headache

# Prevention

COOKBOOK

Eating Right to Prevent Migraines and Other Headaches  
*More than 100 enticing, easy-to-prepare recipes*

**DAVID R. MARKS, M.D.**, Medical Director of the New England Center  
for Headache • With Recipes by **LAURA MARKS, M.D.**

# Headache Cookbook

**Alexandra Bella Rdn**



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