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# Head— ache

Prevention

COOKBOOK

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*More than 100 enticing, easy-to-prepare recipes*

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

# Headache Prevention Cookbook Eating Right To Prevent Migraines And Other Headaches

**RJ Shavelson**



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