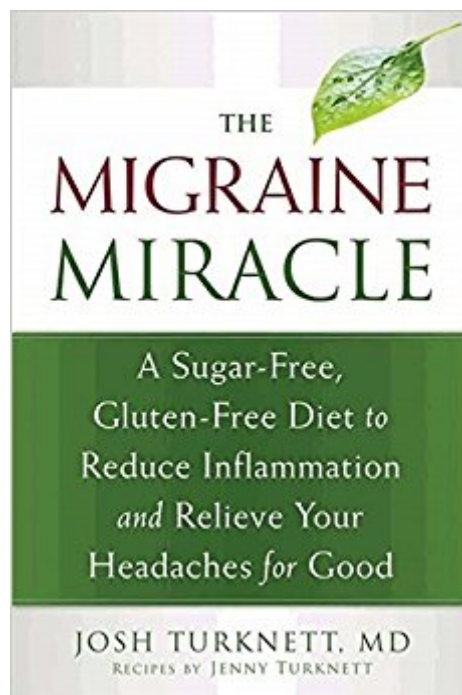




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# The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet To Reduce Inflammation And Relieve Your Headaches For Good



## Synopsis

If you suffer from migraines, you know from experience that prescription medication can only do so much to help relieve your suffering. You also know that your next headache could still strike at any time, and as a result, you may lead a life of fear and trepidation, never knowing when the responsibilities of work and family will once again fall victim to your throbbing skull. Unfortunately, despite the many advances in medicine, there is still no real cure for the migraine headache. In *The Migraine Miracle*, a neurologist with a personal history of migraines offers readers the revolutionary dietary cure that has worked for him and continues to work for his patients: a diet low in wheat, sugar, and processed foods, and high in organic, protein-rich animal products. The book also explores the link between inflammation, diet, and migraines, and contains a 21-day meal plan to help readers change the way they eat. By following this easy meal plan, millions of sufferers will discover a life free from symptoms—once and for all. The book includes comprehensive, research-based information that explains what the brain goes through during a migraine headache, the phases of the migraine, and how a diagnosis is made. It also explores the risks and benefits of migraine medication, natural remedies for migraines, dietary migraine triggers, and detailed, specific instructions for a migraine-free eating plan. If you have tried migraine medicine but have not found real relief, it's time to try something new. By changing the way you eat, and understanding what foods can trigger your migraine, you can start feeling better longer, without the threat of a migraine always looming over everything you do.

## Book Information

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## Customer Reviews

Neurologist [Josh] Turknett, a longtime migraine sufferer, offers a potentially revelatory approach to treating a condition that affects 30&#150;40 million people in the US. His premise: that the current standards of migraine management&#151;including prescription and over-the-counter medications, and preventative drugs&#151;can largely be set aside in favor of mimicking an ancestral diet that is high in animal protein and low in wheat, sugar, and processed foods. Doing so enables the hypothalamus, &#145;a primary suspect in the hunt for neural origins of migraine, to efficiently maintain the body's homeostasis, short-circuiting diet-triggered impulses that cause and prolong migraines. Given the low-fat, high-carb eating favored by many, the writer acknowledges that the diet may be radical. However, as someone who has successfully made the transition himself, and who recommends the diet to his patients, Turknett's idea carries weight. He offers a comprehensive definition of migraines and how they are diagnosed (or misdiagnosed), discusses factors that make a person more susceptible to migraines, and explores typical treatments. He then addresses the tenets of the diet and leads into original recipes and a 21-day eating plan. • Publisher's Weekly&#147;I love, love, love this book. I personally suffer from an auto-immune disease, and this fun, easy read left me not only informed, but confident that I can live a longer life. As a chef, I found the diet and the recipes very achievable. Turknett really relates to everyday people in this truly informative and exceedingly helpful book. Life-changing. • •#151;Tracey Bloom, chef, lifestyle consultant, Top Chef contestant, and co-owner of [www.freecuisine.com](http://www.freecuisine.com)&#147;Bold, eye opening, and compelling, The Migraine Miracle promises to forever alter the landscape of migraine treatment for the better. Essential reading for anyone who suffers from migraines, and essential reading for anyone who cares for migraine patients. • •#151;Timothy Lo, MD, MPH, neurologist and pain management specialist&#147;Ancestral diets and lifestyle practices have proven highly effective at curing migraines. Indeed, they are a general recipe for superb health and longevity. Josh Turknett has helped himself and many patients with these techniques, and now brings us the best available guide for overcoming migraines. If you have migraines, please read this book! • •#151;Paul Jaminet, PhD, author of Perfect Health Diet and editor of Journal of Evolution and Health

Josh Turknett, MD, is a 2001 graduate of the Emory School of Medicine, a board-certified neurologist, and a clinical researcher in the areas of migraine, stroke, Alzheimer's disease, and Parkinson's disease. Turknett maintains a busy neurology practice in Atlanta, GA, and

has been recognized twice by [www.vitals.com](http://www.vitals.com) as one of America's most compassionate doctors. He lives in the metro Atlanta area with his wife Jenny, their two children, and an ever-expanding collection of banjos. Jenny Turknett has a background in baking, catering, and event planning. She currently works as a freelance food writer and restaurant critic for the Atlanta Journal-Constitution. She lives in the greater Atlanta, GA, area with her husband Josh, their two children, and an ever-expanding collection of kitchen gadgets.

Original review:I've suffered from chronic migraines and sinus problems for years. I tried meds, acupuncture, worked with a naturopath and tried an elimination diet, but couldn't stop the migraines or find any specific triggers. I finally stumbled across the book 'Heal your headache, the 1-2-3 program' and for the first time I was able to clearly associate my diet with my migraines. I gave up all kinds of food and had success as long as I avoided the giant list of food per that book. I was kind of concerned though, as there was very little discussion about sugar, carbs, or hypoglycemia in that book. It implied that a bowl of ice cream was fine, as long as it was vanilla instead of chocolate. I've been reading and researching anti-inflammatory diets and found more and more compelling scientific info discussing the benefits of cutting back on processed carbs and instead eating unprocessed, whole foods. I even tried the SCD diet that cuts out processed food and complex carbs, but permits plenty of honey and fruit. That didn't solve my headaches. I then came across this book. In addition to recommending an anti-inflammatory paleo-ish diet, this book recommends limiting carbs to under 150 grams a day (and frequently much lower). I had never really focused on my carb count but frequently had sugar spikes from sweets and grains, which left me feeling sick and woozy. I had never associated my sinus pressure or headaches with elevated blood sugar. I always made an effort to balance carbs with fat and protein to slow down the insulin spike, but still had enjoyed the carbs. I realized I still had been consuming lots of carbs, which still raised my blood sugar. Apparently the standard processed food diet involves 250-350 carb grams a day. Two weeks in following these food recommendations, I have yet to have even a headache and even my sinuses feel better. I haven't had a bad sugar rush or carb overload. I am preparing virtually all my food at home, but I haven't cut out all grains completely yet. (Since I've been on a drastic migraine diet for a while now, preparing my food was not a huge change). I've cut way back on carbs though, and found that the 100-150 gram carb reminder is a great way to avoid the sugar rush. As long as I remember that extra carbs = migraines, it's been a great diet incentive. I have not experienced any weight loss yet, but probably would if I wanted to cut my carbs down further. The reasons this book gets a 4 instead of a 5 is that the book seems to skim over a lot of the science backing the reasons

for going low carb. I've read some anti-inflammatory and nutrition books that discuss all kinds of studies and the exact science to solidly support each book's recommendations. It felt like the author wrote the book mostly on his experience with the diet, plus a bit of research and references to other books thrown in. That being said though, the conclusions of the book appear sound and are working better for me than any other migraine book I've read. The recipes were also a bit too gourmet for me, but I have a good assortment of simple recipes that I've collected with my anti-inflammatory/SCD/paleo diet research. Ultimately the diet recommendations appear to be working better than any medication that I have tried. The author points out that by cutting carbs, it makes all the other treatments work better, and I can see that if the low carb diet reduces the migraine trigger threshold.

Update on 7/22/2014: I bumped this up to a 5 star review, as this diet has continued to improve my migraines better than any other diet. Not only have I not experienced any migraines since starting this, I've had hardly any minor headaches or neck pain at all! Even my sinuses have continued to improve and I have been off my allergy sinus meds for over a month now. I'm enjoying decaf coffee on occasion, plus chocolate, cheese, smoked salmon, etc and the only time I have any issues is if I cheat by having some sugar or having enough carbs in one sitting to make my blood sugar spike. I've found that sugar and sweets give me a very quick spike. Overall, this book has given me my freedom back. I now KNOW that I will not have a headache as long as I keep my carbs low, and have been able to start planning a busier schedule because of it. I feel so much more productive!

Update 10/19/2014: This book works! I am doing better than I have in years! The only time I've had issues is when I've cheated and consumed too many carbs. I'm enjoying foods that previously would have given me headaches and migraines. My sinuses are much better and predictably have bad congestion if I cheat on carbs. I still am avoiding junk food, sugar, and minimizing grains. I've also lost 15+ pounds since this summer and I feel great! By cutting back on carbs, I've found that my cravings have plummeted. 4 months into this way of eating and I know this is something that I can easily handle long term after hitting frustration with other migraine diets. This is a great diet since it is so healthy, plus I have a strong deterrent to cheating. Ha! I can't recommend this book enough. Give it a try!

Update 1/20/2014: The diet is still working out great for me! I finally have a life again, and can predict headache issues when I want to cheat on carbs. I enjoy many foods that were forbidden on headache diets, and have no pain. I'm down 22 pounds, my cholesterol has dropped at least 20 points, and I still feel great!

Update 2/18/2017: Still working as before. I recently had a baby and did find I needed more carbs while pregnant and nursing, but my body is slowly returning to normal status and tolerating carbs less and less. As soon as I stop breastfeeding I plan on returning to the diet. I do notice a difference from day to day though,

depending on my diet! One day I had a slight headache from carbs and that evening I had only peanuts, cheese, and hard boiled eggs for dinner. I woke up the next day feeling amazing! Interesting how few carbs before bed works.

This book truly did change my life. I suffered for 16 years with horrible debilitating migraines. Each passing month and year they grew stronger and more frequent. I tried everything and went to every type of doctor trying to discover the cause and cure. Nothing ever made a difference. A friend recommended this book and I bought it and read it in 2 days. I couldn't put it down! I decided to give the program a chance. The adjustments are difficult to make at first... I won't even pretend that it was easy. But about 3 weeks into it (being very strict with the dietary changes) I noticed my migraines and headaches starting to get further and further apart. One day I realized that I woke up without a migraine that morning! Then one day I realized that I didn't have a migraine or headache at ALL that day! Then suddenly I found myself counting how many DAYS it had been without having a migraine or headache!! It has truly been a miracle in my life!! It's now been over 2 years without migraines and headaches and some other great things have happened as a result too.... I NEVER get sick anymore. I used to keep sinus problems. I had several sinus infections per year and I kept a swollen gland and sore throat and was always getting colds and such. It's crazy but I haven't had ANY of that since I started this program a couple of years ago. I also lost weight. My husband saw so many positive changes in my life that he started following it too and has felt much better. He lost weight and has had less back and knee problems. He also doesn't get sick anymore either. The difficult dietary changes were well worth the challenge and struggle at first. And now I can honestly say that it's easy!! We are VERY strict to not eat gluten. If I slip up and have gluten, sometimes I will have migraines again for 2 weeks. But the carbs are easier to play around with and it's not such a big deal to have a higher carb meal or snack once in a while as long as it's gluten free. I will forever be grateful for Dr. Turknnett.

This book changed my life. I have been eating this way for over 1 1/2 years. High fat, low carb and no gluten. My 1st migraine was when I was 26, I am now in my 70's. I was having 15 or more migraines monthly. I now am most migraine free, I haven't had to reorder imitrex since I began this program, and I stopped taking Topamax after one month. My recovery was not immediate, it just got better every month. I love the choices I have. Some people seem to not like the book because of the recipes. I wasn't buying a recipe book, I was looking for help for my headaches. I make up my own recipes, and yes now I can have a piece of chocolate without getting a migraine.

There is a paragraph in the last FAQ chapter of this book about menstrual migraines. I followed the suggestions - just a handful of sentences! - to the letter, and I've had just two headaches in the last three months. Normally, I'll have them for five or six days straight until my hormones shift again. To understand how my headaches happen and how to avoid them is a staggering miracle to me, and I'm profoundly grateful.

I read many books and have suffered from Migraines since I was in my youth. I am now 55, I began following the diet plan 21 days ago and my migraines have subsided 75%. I had a corporate meeting today and due to the lights and the stress of delivering the material and talking all day, I ALWAYS have a terrible Migraine 1/2 way through the day. Today I did not, on the way home I realized this is the first meeting that I did not suffer through with immense pain. This may not be for everyone. I have tried the drugs and the side effects make things worse for me. I am so happy I found this book. If you suffer from migraines give it a try. I consider it a miracle for myself.

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