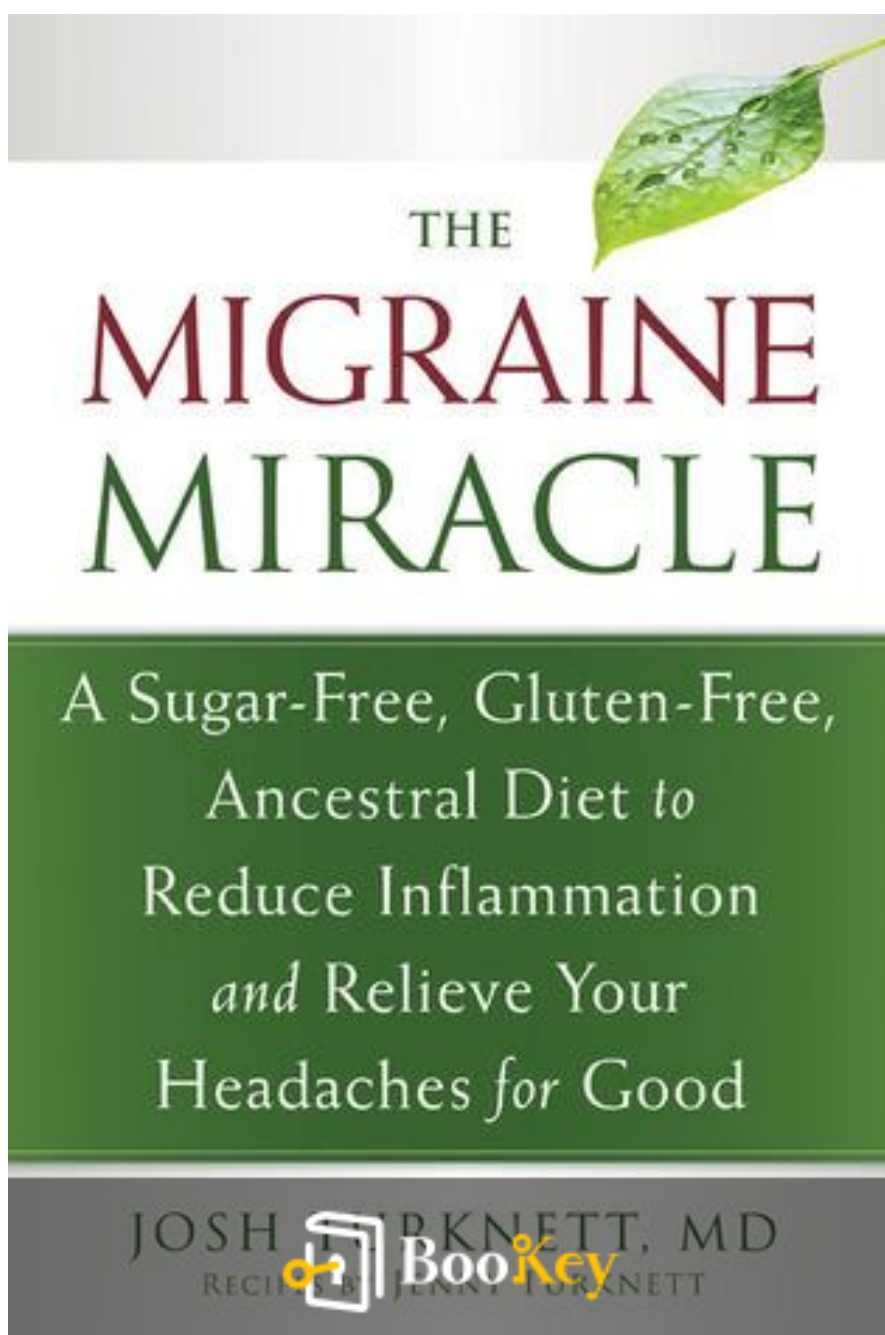


The Migraine Miracle PDF (Limited Copy)

Josh Turknett Md



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The Migraine Miracle Summary

Transforming Your Health to Conquer Migraines Naturally

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About the book

In "The Migraine Miracle," Dr. Josh Turknett unveils a groundbreaking approach to understanding and managing migraines that goes beyond mere symptom relief, revealing a holistic, lifestyle-based strategy that addresses the root causes of chronic headaches. Drawing on the latest neurological research and his own transformative methods, Dr. Turknett empowers readers to take control of their health through dietary changes, stress management techniques, and personalized exercise routines. This compelling guide not only illuminates the often-overlooked triggers of migraines but also offers practical tools and strategies to help reclaim a life free from the shackles of pain, inviting anyone suffering from migraines to embark on a journey towards lasting relief and wellness.

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About the author

Dr. Josh Turknett is a leading expert in the field of migraine treatment and prevention, renowned for his innovative and holistic approach to managing this debilitating condition. With a background in neurology, he has dedicated his career to understanding the underlying mechanisms of migraines and developing effective strategies for relief. His work combines clinical experience with cutting-edge research, allowing him to provide patients with evidence-based solutions that address the root causes of their symptoms. Dr. Turknett's commitment to improving the lives of those affected by migraines has led to the creation of the highly acclaimed book, "The Migraine Miracle," which empowers readers with practical tools and insights to overcome their pain and reclaim their lives.

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Chapter 1 Summary: The Nature of the Beast

In the opening chapter of "The Migraine Miracle," Josh Turknett, MD, delves into the intricate nature of migraines through an account featuring a patient named Margaret T. An accountant plagued by debilitating headaches, Margaret's experience highlights the pain and fear that often accompany migraines, as well as the prevailing misconceptions surrounding them. Through this case study, Turknett lays the foundation for a deeper understanding of migraines, which he refers to as a "masochistic little glitch" in the brain.

1. Understanding Migraines: Turknett emphasizes that migraines are not indicative of an underlying brain disorder, but rather are rooted in a series of biochemical events triggered by specific stimuli. He reassures patients who fear that their pain signals grave issues within their heads, clarifying that the pain originates not from the brain itself—lacking pain receptors—but rather from the meninges and the brainstem's unique response to migraines.

2. The Migraine Process: The migraine phenomenon unfolds in stages, starting with the prodrome—early signs that may appear hours to days before the pain begins, such as fatigue and mood swings. Following this is the aura phase, marked by temporary neurological disturbances like visual anomalies. Not everyone experiences an aura, but when they do, the



symptoms can be alarming and misdiagnosed as other conditions like strokes.

3. Migraine Pain: The pain of a migraine results from a complex interplay of chemical markers and nerve signal directions. The brainstem plays a pivotal role in both initiating and sensing pain, creating a vicious cycle that exacerbates the discomfort. This process highlights the unique attributes of migraine pain and its differentiation from other headaches.

4. Postdrome Recovery: After the intense pain subsides, many individuals encounter postdrome symptoms, often feeling fatigue and a peculiar sensitivity known as allodynia, where normal sensations become painful. This recovery phase further complicates the migraine experience, demonstrating the lasting impact of such episodes on the body.

5. Diagnostic Challenges: Turknett points to the absence of definitive diagnostic tools like blood tests or imaging scans for migraines. Instead, a thorough patient history and symptom descriptions guide diagnosis, according to strict criteria set by the International Headache Society. However, such rigidity in diagnosis could overlook various manifestations of migraines.

6. Misdiagnosis and Misunderstanding: The chapter discusses common misconceptions associated with migraines, such as entitling headaches as

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"sinus" or "tension" headaches—labels that often lead to incorrect treatments and wasted resources. Turknett reveals that many purported sinus headaches are actually migraines, misconstrued due to overlapping symptoms, further compounded by the social stigma surrounding migraines.

7. Genetic Factors: The chapter touches on the genetic predisposition to migraines, noting that while family history can influence susceptibility, migraines can occur in individuals without any familial links. The author emphasizes that genetics interacts with environmental factors to influence the likelihood of experiencing migraines.

Through Margaret's journey and comprehensive explanations, Turknett seeks to dismantle the stigma and confusion surrounding migraines, invoking a clearer understanding of these debilitating experiences. The range of migraine experiences highlights their complex nature, signaling the need for greater awareness and more effective diagnostic and treatment approaches.

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Critical Thinking

Key Point: Understanding Migraines

Critical Interpretation: Imagine a world where pain doesn't dictate your actions or cloud your thoughts. As you embrace the understanding that migraines are not signs of a failing mind but rather a biochemical glitch, you begin to reclaim your life. It's liberating to realize that these episodes, though daunting, stem from specific triggers rather than a profound disorder. This insight empowers you to not only manage your symptoms more effectively but also to foster a sense of hope and resilience against the tide of misconceptions. By taking charge of your understanding, you step into a narrative where you are no longer a victim of your pain, but an active participant in your health journey, choosing knowledge over fear.

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Chapter 2 Summary: Crossing the Dreaded Threshold

In Chapter 2 of "The Migraine Miracle" by Josh Turknett, MD, the complex nature of migraines is explored, showcasing how both predictable and unpredictable factors contribute to their occurrence.

1. **Margaret's Journey:** The chapter begins with a patient, Margaret T., who after initially responding well to prescribed medication, finds her migraines returning intermittently two years later. This illustrates the unpredictable ebb and flow of migraine occurrences, which can vary dramatically in frequency and intensity.
2. **The Psychological Toll:** The key to understanding migraines lies in their unpredictability. Those who suffer from migraines live in a state of anxiety about when the next attack will occur, compounding the psychological burden alongside physical symptoms.
3. **The Complexity of Migraine Triggers:** It's a common misconception that each migraine is triggered by a singular cause, yet this chapter reveals that many interconnected factors contribute to crossing the migraine threshold. The metaphor of a balloon basket illustrates this, with "balloons" representing risk factors that elevate the migraine risk level and "weights" that help bring this risk level down.

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4. **Factors Elevating Migraines:** Understanding triggers is crucial. The text categorizes factors into fixed (genetic predisposition, hormonal changes, and sinus congestion) and modifiable (dietary choices, lifestyle practices like stress and sleep patterns, and medication usage) categories.

5. **Factors Reducing Migraines:** Just as certain factors increase the risk of a migraine, there are also lifestyle adjustments and biological factors that can mitigate this risk. Maintaining a consistent sleep and eating schedule, managing stress, and avoiding well-known triggers can contribute positively to one's overall migraine resilience.

6. **Case Studies:** The cases of Jane S. and Joe C. illustrate how different individuals experience migraines. Jane's migraines are influenced by familial history and stress, while Joe, despite having no previous history, encounters his first migraine due to a perfect storm of stress, sleep deprivation, and dietary indiscretions.

7. **The Fallacy of Single Triggers:** The chapter emphasizes that migraines usually cannot be attributed to a single cause, as illustrated by Jane's misconception that orange juice triggered her headache. This notion underscores the importance of recognizing various cumulative risk factors rather than focusing on one specific trigger.

8. **Migraine Abortive Treatments:** Once a migraine occurs, the chapter

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transitions into discussing treatment options. Over-the-counter medications, particularly NSAIDs, and specific prescription drugs such as triptans are explored for their efficacy and potential side effects.

9. **The Window of Opportunity:** Timing is crucial when it comes to using abortive medications. The sooner you act to disrupt the migraine cycle, the better your chance of alleviating the pain.

10. **The Conundrum of Medication Overuse:** The chapter concludes with caution about the potential for rebound headaches due to over-reliance on abortive medication, highlighting the painful irony that seeking relief through medication can sometimes lead to further headaches.

In summation, understanding the multifaceted nature of migraine triggers and effective treatment strategies is a critical pathway to managing this challenging condition. The insights from this chapter lay the groundwork for a comprehensive approach to both understanding and addressing migraines through lifestyle modifications and medical interventions.

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Chapter 3: The “Miracle”

In the spring of 2010, the author, Josh Turknett, M.D., reached a pivotal realization about the understanding and management of migraines—a topic close to his heart, both as a physician and as someone who has suffered from them personally. Despite years of experience, a deep awareness of triggers, and a regime of management that included the limited use of medication, he felt trapped in a cycle of mediocrity regarding his health. His breakthrough came when he encountered a blog by physician Kurt Harris that challenged the conventional wisdom surrounding diet and its impact on health.

1. Questioning Conventional Dietary Guidelines: Turknett candidly reflects on the limited education medical students receive about nutrition, recognizing that many of the dietary guidelines he had followed and shared with patients were not scientifically robust. Encouraged by Dr. Harris's alternative perspective, he resolved to research and reevaluate his dietary beliefs profoundly.

2. Shifting Focus to Nutrition: Committing to a new approach, Turknett

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Chapter 4 Summary: Just Not Made for These Times

In Chapter 4 of "The Migraine Miracle," Dr. Josh Turknett delves into the relationship between modern living and the emergence of migraines, particularly emphasizing the role of the hypothalamus, a small yet crucial part of the brain. The hypothalamus is vital for maintaining homeostasis – a balanced internal state despite external changes. This chapter makes a strong case for how the modern lifestyle, with its various stressors and dietary changes, burdens the hypothalamus, potentially leading to migraines.

1. The Role of the Hypothalamus: The hypothalamus is described as a master regulator that processes data from across the body to control various physiological functions like temperature regulation, fluid balance, blood sugar levels, circadian rhythms, and stress responses. For instance, it manages body temperature by triggering sweating when hot and constricting blood vessels when cold, thereby playing a vital role in our survival.

2. Hypothalamic Stressors: Modern challenges such as disrupted sleep cycles, dehydration, stress, and erratic blood sugar can compromise the hypothalamus's ability to maintain homeostasis. The chapter posits that many known migraine triggers align with these stressors, linking them directly to hypothalamic dysfunction.

3. Periodic Patterns of Migraines: Evidence supporting the hypothesis

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that migraines originate in the hypothalamus is further illustrated by their periodic nature. Many individuals experience migraines with seasonal or monthly regularity, suggesting a link to the hypothalamus's regulation of biological cycles.

4. Sexual Dimorphism and Migraines: The chapter highlights the significant difference in migraine prevalence between genders, with women being affected more often. This difference indicates a connection to the hypothalamus, which exhibits significant sexual dimorphism, especially in areas associated with hormonal regulation. The changes in hormone levels during the menstrual cycle or pregnancy often correlate with migraine onset, underscoring this biological link.

5. Prodromal Phases: Many migraine sufferers experience a prodrome phase with symptoms like hunger and fatigue, which reflect disturbances in homeostatic regulation. These symptoms further support the idea of a malfunctioning hypothalamus during the onset of migraines.

6. The Modern Mismatch: Dr. Turknett discusses how modern living contrasts sharply with our evolutionary past, particularly in ways that challenge the hypothalamus. Mismatches include irregular sleep patterns due to artificial lighting, heightened and chronic stress from modern societal pressures, and a diet primarily composed of high-sugar, low-nutrient foods that create unstable energy levels.

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7. Dietary Impact on Hypothalamic Function: The chapter notes that our shift to a carbohydrate-rich diet has created vast fluctuations in blood sugar, making it difficult for the hypothalamus to stabilize energy homeostasis. This dietary pattern contrasts with the fat-adapted metabolism of our hunter-gatherer ancestors, who had easy access to stored energy, mitigating hunger and mood swings.

8. Ketogenic Diet Insights: The author discusses the ketogenic diet, highlighting its effectiveness for seizure control and proposing it may have similar benefits for migraines due to its ability to shift the body's metabolism from glucose to ketones. The switch may provide more stable energy for the brain, potentially reducing the incidence of migraines.

9. Inflammation and the Hypothalamus: The chapter concludes with an important insight regarding the modern diet's contribution to systemic inflammation, which can disrupt the hypothalamus's regular functions. This inflammation connects to the broader epidemics of obesity and metabolic syndrome, implicating the hypothalamus as a central element in these modern health crises.

In summary, the chapter paints a compelling picture of how our modern lifestyle adversely affects our hypothalamus, linking this to the rising incidence of migraines. By understanding these factors, Dr. Turknett

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suggests that reverting to ancestral dietary patterns may help mitigate this all-too-common affliction.

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Critical Thinking

Key Point: Modern Lifestyle's Impact on Homeostasis

Critical Interpretation: Imagine stepping back from the chaos of modern life and recognizing that your well-being hinges on the delicate balance within your body. Dr. Turknett's insights illuminate how the constant stresses of today—erratic sleep, processed foods, and overwhelming pressures—may be dulling the signals of your hypothalamus, the very regulator of your internal state. As you grasp this connection, you feel empowered to reclaim your life by making intentional choices that honor this ancient part of your biology. Picture yourself prioritizing nutrient-dense meals over sugary snacks, establishing a calming bedtime routine, and embracing mindfulness to alleviate stress. With each step, you actively support your hypothalamus, nurturing a foundation that promotes not only migraine relief but a profound sense of peace and vitality in your everyday existence.

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Chapter 5 Summary: The Miracle “Diet”

In Chapter 5 of "The Migraine Miracle," Dr. Josh Turknett outlines a transformative approach to dietary habits aimed at alleviating migraines and promoting overall health. At the core of this discussion is a comprehensive eating plan that emphasizes the elimination of modern dietary pitfalls and the adoption of an ancestral diet. This work is presented through six primary directives, which can be implemented flexibly according to individual preferences.

1. Eliminate Flour and Added Sugar: The first directive centers on the removal of flour-based products and added sugars from the diet. While this may appear daunting, it significantly reduces migraine triggers and promotes better health. Flour and sugar are prevalent in modern diets and contribute to various health issues, including metabolic disorders and inflammation. Transitioning away from these items may initially be challenging, but with time, the benefits—such as improved energy levels and digestive health—become evident.

2. Eliminate Processed Foods: This directive encourages opting for whole foods that require no processing, as processed items often contain harmful additives, sugars, and unhealthy fats. A good rule of thumb is to choose foods that could be found in nature, steering clear of those that come conveniently packaged and boast long shelf lives.

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3. Eat Mostly Animals and Plants: Emphasizing the consumption of animal products (including organ meats) and energy-dense plant foods, this directive aligns with our evolutionary history. While starchy tubers and root vegetables should be preferred for their energy content, it's important to vary plant intake for a holistic nutrient profile.

4. Use Natural Fats for Cooking: Favoring healthy fats like butter, animal fats, coconut oil, and olive oil is crucial, while avoiding oils derived from grains and seeds that contribute to systemic inflammation. These stable fats provide essential nutrients and can be stored without spoiling.

5. Prefer Berries Over Sweeter Fruits: When consuming fruit, the directive suggests choosing berries, which are nutritionally dense and low in sugar, over sweeter varieties that may spike blood sugar levels. Eating sweet fruits in moderation—preferably with other foods—can help manage potential migraine triggers.

6. Hydrate with Water: Drinking primarily water is vital, with the option of unsweetened teas and moderate coffee consumption. Alcohol should be limited or excluded initially, as it can exacerbate migraines.

To enhance the benefits of this dietary shift, Dr. Turknett suggests practical tips such as obtaining adequate vitamin D through sun exposure or

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supplementation, engaging in regular moderate-intensity exercise, and potentially incorporating medium-chain triglycerides (MCTs), like those from coconut, to boost ketone production—an important aspect for migraine mitigation.

Throughout this dietary transformation, a crucial point is the myth-busting segment, where Dr. Turknnett addresses common misconceptions about fats, cholesterol, and carbohydrates. These myths often hinder progress in adopting a more healthful diet. He emphasizes that dietary fat does not inherently lead to fat gain, nor does it necessarily clog arteries, challenging the long-held beliefs that have shaped public perception for decades.

The essence of successfully transitioning to an ancestral diet lies in mindset. Embracing the changes rather than focusing on what is lost fosters a more positive experience in this journey. Ultimately, the adoption of this eating style not only aids in reducing migraines but also enhances overall well-being, making it a promising approach for those seeking a healthier life.

Directive	Description
Eliminate Flour and Added Sugar	Remove flour-based products and added sugars to reduce migraine triggers and improve health.
Eliminate Processed Foods	Choose whole foods over processed items to avoid harmful additives and unhealthy fats.
Eat Mostly Animals	Consume animal products and energy-dense plant foods while

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Directive	Description
and Plants	varying plant intake for nutrients.
Use Natural Fats for Cooking	Favor healthy fats like butter and olive oil while avoiding inflammatory oils from grains.
Prefer Berries Over Sweeter Fruits	Choose low-sugar berries over sweeter fruits to manage blood sugar and migraine triggers.
Hydrate with Water	Drink primarily water, limit alcohol, and allow moderate coffee and unsweetened teas.
Additional Tips	Enhance dietary benefits with vitamin D, regular exercise, and medium-chain triglycerides (MCTs).
Mental Shift	Focus on embracing dietary changes positively rather than dwelling on what is lost.

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Critical Thinking

Key Point: Embrace the changes in your diet for overall well-being.

Critical Interpretation: Imagine standing at a crossroads, a choice between continuing down the familiar, yet treacherous path filled with modern dietary pitfalls, or stepping onto a vibrant trail that promises not only relief from migraines but a newfound vitality. Embracing a diet rich in whole foods while mindfully eliminating flour and added sugars may initially feel daunting, but it opens the doorway to a remarkable transformation. This is not simply a temporary fix; it's an empowering journey toward nurturing your body with the nutrients it craves and deserves. With each meal you consciously prepare, you are not just saying goodbye to what harms you, but welcoming in a deeper connection to your health and well-being. This chapter inspires you to turn the struggle of dietary change into a celebration of resilience, enhancing not just your physical health, but imbuing your life with energy and clarity.

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Chapter 6: Recipes

In Chapter 6 of "The Migraine Miracle" by Josh Turknett, M.D., readers are treated to an extensive collection of recipes that align with a dietary approach designed to mitigate migraines. The chapter reflects the collaborative culinary efforts of Dr. Turknett and his wife, Jenny, who has skillfully crafted a variety of enjoyable dishes. Here is a comprehensive summary encapsulating the key recipes and principles outlined in the chapter.

- 1. Emphasis on Home Cooking:** One of the core recommendations is the importance of preparing your own meals. This practice not only allows for better control over ingredients, such as avoiding wheat and hidden sugars, but also encourages the development of new eating habits.
- 2. Ingredient Flexibility:** Many recipes utilize coconut oil, yet alternatives like butter, ghee, and olive oil can be used based on personal preference. Dr. Turknett encourages customization to suit individual tastes.

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Chapter 7 Summary: 21-Day Meal Plan

In Chapter 7 of "The Migraine Miracle" by Dr. Josh Turknett, the focus is on a structured 21-day meal plan tailored to facilitate the transition into an ancestral diet. This chapter serves as a practical guide for those eager to modify their eating habits in pursuit of reducing migraines and enhancing overall health. It aims to alleviate the intimidation often felt when embarking on dietary changes, offering straightforward meal suggestions that promote both convenience and nutritional balance.

The chapter commences by acknowledging the common desire for precise dietary guidance. This need is met by providing a weekly meal plan for the first three weeks. The layout is designed with the understanding that many individuals experience time constraints, particularly in the mornings. To address this, the plan includes quick breakfast options, such as breakfast smoothies or protein-rich eggs and meats. Lunches are often comprised of leftovers, simplifying meal prep and maintaining sustainability in dietary practices.

1. **Week 1** introduces a simple yet varied food rotation. Breakfast can either be a smoothie or traditional breakfast meats and eggs. Each day features a main lunch, often utilizing previous dinner preparations to ensure ease and reduce food waste. Notable meals include Pecan Chicken with Mustard Sauce and Sage Pork Chops, providing flavorful options that are

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conducive to meal prepping.

2. **Week 2** continues with this theme while encouraging preparation of Chocolate-Orange Nut Bars, which serve as an additional breakfast or snack. Meals remain attractive and diverse, including dishes like Sausage-Stuffed Mushrooms and Crab Cakes, which can be repurposed as salads for lunch. This week reinforces the principle of using leftovers creatively, thus saving time and minimizing cooking efforts throughout busy days.

3. **Week 3** culminates the meal plan with additional emphasis on practicality and variety. Though specific meals for this week were not detailed in the excerpt, the framework established throughout offers readers a solid foundation. Maintaining the momentum built during the first two weeks is crucial as individuals adapt to this new eating regimen and continue to explore different recipes and resources.

In addition to the meal plan, Dr. Turknett directs readers to valuable online resources and books for further exploration of the ancestral diet and its benefits. Websites like The Migraine Miracle's companion site and Mark's Daily Apple provide recipes and insightful articles to support individuals on their dietary journey. Recommended books such as "The Primal Blueprint" by Mark Sisson and "Good Calories, Bad Calories" by Gary Taubes offer deeper understanding and context around the principles of nutrition that

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underpin this lifestyle change.

By the end of the chapter, readers are equipped not only with a detailed meal plan but also with an enriched understanding of the ancestral diet's potential to enhance health and reduce the frequency and severity of migraines. This structured approach, combined with resources for ongoing learning, empowers individuals to forge a successful path toward improved well-being.

Section	Details
Chapter Focus	Structured 21-day meal plan for transitioning to an ancestral diet
Objective	Guide to modify eating habits to reduce migraines and improve health
Week 1	Varied food rotation; breakfast smoothies or meats; lunches from dinner leftovers. Notable meals: Pecan Chicken with Mustard Sauce and Sage Pork Chops.
Week 2	Continues meal diversity; Chocolate-Orange Nut Bars for snacks; dishes like Sausage-Stuffed Mushrooms and Crab Cakes, utilizing leftovers for lunch.
Week 3	Emphasizes practicality and variety; maintains momentum from previous weeks, encouraging exploration of recipes.
Additional Resources	Online resources and books for further exploration of the ancestral diet; sites include The Migraine Miracle companion site and Mark's Daily Apple.
Recommended Books	The Primal Blueprint by Mark Sisson; Good Calories, Bad Calories by Gary Taubes.
Conclusion	Equips readers with meal plan and understanding of the ancestral

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Section	Details
	diet's benefits for health and migraine reduction.

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