
Thomas Seyfried Ketogenic Diet

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The Case
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LLC
This book is about my son's journey with type I diabetes and my own journey with aggressive breast cancer. It is about how I linked type I diabetes with epilepsy and how this helped me link cancer with epilepsy as well. I modified the traditional ketogenic diet used at Johns Hopkins Medical Center to treat epilepsy. I then used my own version of the diet to make

my breast cancer tumor disappear in about two weeks. It is also about using my modified ketogenic diet for my son who is a type I diabetic, and him being able to eat without needing any insulin and without doing any calorie restrictions. This is my diet of hope -along with the research that comes from my heart- that I am sharing with you. "Let food be thy medicine

and medicine be thy food."
Hippocrates
The Eat Clean Lifestyle Companion
Metamatrix Institute
The ketogenic diet is a natural, non toxic, science based cancer diet which can be used for cancer prevention and treatment. It works because cancer cells are dependent upon a constant supply of blood sugar (glucose) to stay alive. Normal cells can use ketones as an alternative fuel, cancer cells can't. A ketogenic diet lowers blood glucose while increasing ketone levels, a metabolic state which effectively starves cancer cells while nourishing normal cells. This essential, well referenced book is based on cutting

edge research on ketogenic dietary therapies from Dr. Dominic D'Agostino at the University of South Florida and Dr. Thomas Seyfried at Boston College, with their generous permission. The book offers the latest information on: * How and why a low carb, high fat ketogenic diet works to stop cancer cells, how to implement the diet and how to monitor your progress * Blood glucose and ketone level targets recommended to destroy cancer * What foods to choose and how much to eat * Why certain foods must be restricted * Use of calorie restriction and fasting * Whether alcohol is allowed * The debate between acidity vs

alkalinity * Appropriate supplementation and much more.
The Cantin Ketogenic Diet Springer Science & Business Media
Ketogenic diets have been used to successfully treat epilepsy and stop seizures for nearly a century. When more traditional therapies, such as pharmacology, reach their limitations for treatment, the metabolic approach surpasses, targeting the overall physiology and homeostatic functions of the patient. Ketogenic Diet and Metabolic Therapies is the first comprehensive scientific resource on the ketogenic diet, covering the latest research

including the biomedical mechanisms, established and emerging applications, metabolic alternatives, and implications for health and disease. Experts in clinical and basic research share their research into mechanisms spanning from ion channels to epigenetics, their insights based on decades of experience with the ketogenic diet in epilepsy, and their evidence for emerging applications ranging from autism to Alzheimer's disease to brain cancer. Research in metabolic therapies has spread into laboratories and clinics of every

discipline, and is yielding to entirely new classes of drugs and treatment regimens. The book's editor, Susan A. Masino, brings her unique expertise in clinical and research neurology to the overall scope of this work. To further enhance the scope and quality of this one of a kind book, section editors Eric Kossoff, Jong Rho, Detlev Boison, and Dominic P. D'Agostino lend their oversight on their respective sections. Integrative Oncology Chelsea Green Publishing "In the wake of the Cancer Genome Atlas project's failure to

provide a legible road map to a cure for cancer, science writer Travis Christofferson illuminates a promising blend of old and new perspectives on the disease. 'Tripping Over the Truth' follows the story of cancers proposed metabolic origin from the vaunted halls of the German scientific golden age, to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound

therapeutic implications." --Cover. BioDiet Simon and Schuster Updated for 2012, this book, Dr. Neil McKinney's fourth on naturopathic oncology, is updated with the rewards of clinical practice, study, research and reader feedback over the last several years. Patients and integrative physicians will find it easier to navigate, more complete, and of real service. DO: use this book to be informed about your best options, and what to expect them to accomplish.

THEN: get expert guidance from a licensed, accountable, health professional team experienced in treating cancer. Cancer is a life-threatening disease in most cases. You do not have the objectivity, experience or knowledge to make critical medical decisions alone. This is not just a legal disclaimer! Cancer is unforgiving of delays and poor choices.

Naturopathic Oncology Oxford University Press
H.H. Jasper, A.A. Ward, A. Pope and H.H. Merritt, chair

of the Public Health Service Advisory Committee on the Epilepsies, National Institutes of Health, published the first volume on Basic Mechanisms of the Epilepsies (BME) in 1969. Their ultimate goal was to search for a "better understanding of the epilepsies and seek more rational methods of their prevention and treatment." Since then, basic and clinical researchers in epilepsy have gathered together every decade and a half with these goals in mind -- assessing where epilepsy research has been, what it has

accomplished, and where it should go. In 1999, the third volume of BME was named in honor of H.H. Jasper. In line with the enormous expansion in the understanding of basic epilepsy mechanisms over the past four decades, this fourth edition of Jasper's BME is the most ambitious yet. In 90 chapters, the book considers the role of interactions between neurons, synapses, and glia in the initiation, spread and arrest of seizures. It examines mechanisms of excitability, synchronization,

seizure susceptibility, and ultimately epileptogenesis. It provides a framework for expanding the epilepsy genome and understanding the complex heredity responsible for common epilepsies as it explores disease mechanisms of ion channelopathies and developmental epilepsy genes. It considers the mechanisms of conditions of epilepsy comorbidities. And, for the first time, this 4th edition describes the current efforts

to translate the discoveries in epilepsy disease mechanisms into new therapeutic strategies. This book, considered the 'bible' of basic epilepsy research, is essential for the student, the clinician scientist and all research scientists who conduct laboratory-based experimental epilepsy research using cellular, brain slice and animal models, as well as for those interested in related disciplines of neuronal oscillations, network plasticity, and signaling in brain structures that

include the cortex, hippocampus, and thalamus. In keeping with the 1969 goals, the book is now of practical importance to the clinical neurologist and epileptologist as the progress of research in molecular genetics and modern efforts to design antiepileptic drugs, cures and repairs in the epilepsies converge and impact clinical care. Jasper's Basic Mechanisms of the Epilepsies BoD – Books on Demand The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the

twentieth century, cancer rates have increased exponentially--now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. The Metabolic Approach to Cancer is the book we have been waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's "terrain" (think of it as

a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory of cancer--that cancer is fueled by high carbohydrate diets, not "bad" genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible

clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of The Metabolic Approach to Cancer. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing

whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.
Keto Clarity Chelsea Green Publishing

The author of the New York Times bestselling *Genius Foods* offers a lifestyle program for resetting your brain and body to their “factory settings” —to help fight fatigue, anxiety, and depression and to optimize cognitive health for a longer and healthier life. The human body was honed under conditions that no longer exist. The modern world has changed dramatically since our days as hunter gatherers, and it has caused widespread anxiety, stress, and disease, leaving our brains in despair. But science proves that the body and brain can be healed with the

intervention of lifestyle protocols that help us to regain our cognitive birthright. In *The Genius Life*, Lugavere expands the *Genius Foods* plan, which focused on nutrition and how it affects brain health, and expands it to encompass a full lifestyle protocol. We know now that the health of our brains—including our cognitive function and emotional wellness—depend on the health of our gut, endocrine, cardiac and nervous systems as there is a constant feedback loop between all systems. Drawing on globe-spanning research into circadian

biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, The Genius Life shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more to create a healthy foundation for optimal cognitive health and performance. Among Max ' s groundbreaking findings, you will discover: - A trick that gives you the equivalent of a " marathon " workout, in 10 minutes - How to get the benefits of an extra 1-2 servings of veggies daily without eating them - The

hidden chemicals in your home that could be making you fat and sick - How to boost melatonin levels by up to 58% for deeper sleep without supplements The book features an achievable prescriptive 21-day plan for Genius Living that includes daily workouts, meal plans, and meal prep tips, and accompanied with helpful suggestions for healthy swaps and snacks Keto for Cancer HarperCollins "Ketogenic diets have been treating epilepsy for a century. Finally - no need to say "nearly" 100 years since it was published in 1921! To many it feels like

a long time, yet we are still at the beginning. It has taken many decades to begin to appreciate the potential of ketogenic diet and metabolic therapies in health and disease. Thankfully, good ideas persist. They can and must be revisited and retested"-- Keto for Cancer Oxford University Press People facing a new diagnosis of cancer are unsettled by their prognosis and treatment options, and they often seek to integrate complementary modalities into their conventional care plan, hoping

to improve their chances of cure and decrease side effects. Many do so without informing their oncologist, for fear of alienating them or not convinced that their physician would be informed about complementary therapies. Integrative Oncology, the first volume in the Weil Integrative Medicine Library, provides a wealth of information for both practitioners and consumers on the emerging field of integrative oncology. Noted oncologist Donald Abrams and integrative

medicine pioneer Andrew Weil and their international panel of experts present up-to-date and extensively referenced chapters on a wide spectrum of issues and challenges, bound in one comprehensive, reader-friendly text in a format featuring key points, sidebars, tables, and a two-color design for ease of use. It is destined to emerge as the definitive resource in this emerging field. The Metabolic Approach to Cancer Createspace Independent Pub

Through much trial and error, I've mastered the ketogenic diet. It sure was rough going at first. Like most people, I found text books too theoretical and blogs were contradictory and difficult to read. It was also very challenging to find recipes that would keep me in ketosis. There was clearly an information gap - I needed a quick start guide with concise explanations, tips and tricks and lots of practical everyday recipes. This guide fills all those gaps and I know from

experimentation that all my tips & tricks and amazing recipes really work. You will be successful too! This e-book is designed to provide a practical and simplified guide to the ketogenic diet in easy-to-understand language that will facilitate a successful start. the book is organized into three parts. Part 1 provides a foundation of information to aid in understanding the basics of the ketogenic diet, how to get into ketosis and how to maintain it. Part 2 is full of tips and

tricks to help you along the way. Part 3 contains a treasure of ketogenic recipes. A bibliography is also included for those who wish to pursue more detailed and technical information Epilepsy and the Ketogenic Diet Penguin The Nutrition and Health series of books has an overriding mission to provide health professionals with texts that are considered essential because each includes: (1) a synthesis of the state of the science, (2) timely, in

-depth reviews by the leading researchers in their respective fields, (3) extensive, up-to-date, fully annotated reference lists, (4) a detailed index, (5) relevant tables and figures, (6) identification of paradigm shifts and the consequences, (7) suggestions of areas for future research, and (8) balanced, data driven answers to patient /health professionals questions that are based upon the totality of evidence rather than the findings of any single study. The series volumes are not the outcome of

a symposium. Rather, each editor has the potential to examine a chosen area with a broad perspective, both in subject matter as well as in the choice of chapter authors. The international perspective, especially with regard to public health initiatives, is emphasized where appropriate. The editors, whose trainings are both research- and practice-oriented, have the opportunity to develop a primary objective for their book; define the scope and focus, and then invite the leading authorities

from around the world to be part of their initiative. The authors are encouraged to provide an overview of the field, discuss their own research, and relate the research findings to potential human health consequences. Ketogenic Diet Victory Belt Publishing Finally—the ultimate diet for fast, safe weight loss, lifelong health, and longer life, based on more than twenty years of research and the latest findings on appetite and weight. Metabolic specialist Ron

Rosedale, M.D., has designed the Rosedale Diet to regulate the powerful hormone leptin, which controls appetite and weight loss by telling the brain when to eat, how much to eat—and when to stop. New research shows that leptin may be one of the body's most important hunger control mechanisms. Control leptin, and you control your weight. Most people's leptin levels are out of control, causing them to overeat and to store fat rather than burn it. The only way to flip the

"hunger switch" back to normal is through a diet high in healthy fats and low in carbohydrates, saturated fat, and trans-fatty acids often found in processed food—plus just 15 minutes of daily exercise. Dr. Rosedale's 21-day diet plan is simple: Just select from the many foods on his "A" list, including "healthy-fat" foods such as avocados, nuts, olives, lobster, crab, shrimp, goat cheese, Cornish game hen, venison, and more. Then gradually add foods from the "B" list, such as steak, lamb

chops, fruits, beans, and so on. A 28-day menu plan and more than 100 recipes, such as Dilled Salmon and Fresh Asparagus, Gingery Chicken Soup, Lasagna, Black Bean Wrap, Raspberry Mousse Cake, and French Silk Pie, make eating the Rosedale way deliciously easy. Weight loss is just the beginning. The Rosedale Diet will make you feel satisfied, reduce cravings, and put you in control of your "sweet tooth." It can even help eliminate or reduce heart disease, hypertension, diabetes, and other

conditions associated with "natural" aging, as many of Dr. Rosedale's patients can attest. You'll find inspiring stories from them—and the power to control your weight and improve your health—in this groundbreaking book. Keto for Migraine Chelsea Green Publishing Avoid mammograms. Switch off birth control drugs-and progestin menopausal drugs, too. Lose your excess fat NOW! Stop holding onto those highly stressful jobs and

relationships. Counterintuitive as these may seem, each is among Busting Breast Cancer's Five Simple Steps, documented to effectively prevent breast cancer, thanks to recent developments in our metabolic understanding of cancer. Each reduces your risk of breast cancer by 30 to 80 percent! Dr. Susan Wadia-Ells' shocking new book questions the presumed wisdom of most so-called authorities: National Academy of Medicine, American Cancer Society, Susan Komen, and mainstream cancer centers. And why wouldn't we question their wisdom? At

least 30 percent of women treated for early-stage breast cancer go on to develop metastatic breast cancer- practically guaranteeing their early death. Physicians must report each recurrence to state registries. But you may be surprised to learn the industry and its federal partners keep these numbers hidden. Perhaps they're just too embarrassing to share. Dr. Wadia-Ells does not pussyfoot around. A journalist with graduate degrees in political economy and women's studies, she aims to change US culture on women's behalf. Reviewing thousands

of studies while researching this book, she discovered the 2012 landmark text, *Cancer as a Metabolic Disease*, by Boston College biologist Thomas Seyfried, PhD who lays out the complete biological explanation of how a person's first cancer cell develops. Effective prevention is now possible! Take off the pink ribbons. Stop running for the cure. Keep vitamin D3 above 60 ng/ml. Get rid of the carbs. Practice meditation. Stop suffocating your breast cells' "batteries"-your fragile mitochondria. Take charge; stop that first breast cancer cell before it's ever born. Busting

Breast Cancer also proposes political actions: demand the FDA allow affordable \$30 hormone-free IUDs; promote breast self-exams; mandate equal insurance coverage for ultrasound screenings and early-prevention thermography.

Against a multibillion-dollar industry with too much financial incentive to abandon its failing direction, who can change the course of breast cancer prevention and treatment? YOU can! Only women have the self-interest to do it. And now, with Busting Breast Cancer, you'll have the knowledge, too. The Genius Life Chelsea Green

Publishing
An in-depth investigation of the science and business of America's pet obesity epidemic.
The Art and Science of Low Carbohydrate Living ReadHowYouWant.com
A Comprehensive Guide for Patients and Practitioners
Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. Keto for Cancer fills this need. Inspired by the work of Dr. Thomas N.

Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet. Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding

whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy. The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet—which extends well beyond simply starving cancer—emphasizing the

powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as “ Fasting Protocols ” and “ Know What ’ s in the Foods You Eat ” while meal templates and tracking tools are provided in “ Preparing Keto Meals. ” Kalamian also discusses important issues such as self-advocacy. Readers of Keto for Cancer are empowered to “ get off the bench and get in the game. ” To that end, Kalamian offers tips on how

to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan. Curable Xlibris Corporation With a new foreword by Dr. Dominic D'Agostino, PhD and epilogue by the author A masterful synchronization of history and cutting-edge science shines new light on humanity's darkest diagnosis. In the wake of the Cancer Genome Atlas project's failure to provide a legible roadmap to a cure for cancer, science writer Travis

Christofferson illuminates a promising blend of old and new perspectives on the disease. Tripping over the Truth follows the story of cancer ' s proposed metabolic origin from the vaunted halls of the German scientific golden age to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound therapeutic implications. Transporting us on a rich narrative of

humanity ' s struggle to understand the cellular events that conspire to form malignancy, Tripping over the Truth reads like a detective novel, full of twists and cover-ups, blind-alleys and striking moments of discovery by men and women with uncommon vision, grit, and fortitude. Ultimately, Christofferson arrives at a conclusion that challenges everything we thought we knew about the disease, suggesting the reason for the failed war against cancer

stems from a flawed paradigm that categorizes cancer as an exclusively genetic disease. For anyone affected by this terrifying disease and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. It explores the new and exciting non-toxic therapies born from the emerging metabolic theory of cancer. These therapies may one day prove to be a turning point in the struggle against our ancient enemy. We are shown how the metabolic theory redraws the battle map, directing

researchers to approach cancer treatment from a different angle, framing it more like a gentle rehabilitation rather than all-out combat. In a sharp departure from the current “targeted” revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart—the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell:

dysfunctional metabolism. With contributions from Thomas Seyfried, PhD, author of *Cancer as a Metabolic Disease*; Miriam Kalamian, EdM, MS, CNS, author of *Keto for Cancer*; and Beth Zupec Kania, consultant nutritionist of The Charlie Foundation. *Glioma Fon Press A Comprehensive Guide for Patients and Practitioners* Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy

for cancer. Keto for Cancer fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet. Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether

keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy. The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet--which extends well beyond simply starving cancer--emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as

"Fasting Protocols" and "Know What's in the Foods You Eat" while meal templates and tracking tools are provided in "Preparing Keto Meals." Kalamian also discusses important issues such as self-advocacy. Readers of Keto for Cancer are empowered to "get off the bench and get in the game." To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan. [Vegan Keto](#) Demos Medical Publishing This large print, extensively updated edition

covers the many advances that have been made in understanding how the diet works, how it should be used, and its future role as a treatment for children with epilepsy. Included is a new section on how the Atkins diet and a modified ketogenic diet can be used as alternative nutritional therapies. This new edition also has an expanded section with recipes and sample meals developed by professional chefs. [The Rosedale Diet](#) Chelsea Green Publishing Follow the plan that thousands around the

world have used to maximize the migraine-busting benefits of keto, while avoiding all the common mistakes. Weight loss without suffering. Elimination of brain fog and a clearer mind. Boundless energy. These are a few of the commonly reported benefits of a ketogenic diet. But as many with chronic migraine have discovered, it also offers the promise of relief from recurring, debilitating head pain. Yet, there are countless ways to "go keto." Some of those ways are great for the migraine brain. And some are not. Based on Dr. Turknett's work with thousands of migraine sufferers going keto, the Keto for Migraine plan has been designed to maximize the benefits

of keto for the migraine brain, while avoiding the common mistakes. Part of the Physicians Guide To Holistic Migraine Relief, Keto for Migraine is the definitive guide to the ketogenic diet for migraine sufferers. In Keto for Migraine, you'll learn: Why the typical version of keto can make migraines worse. The keys to maximizing the benefits of keto for the migraine brain. Why the Keto for Migraine plan is such a powerful weapon against migraine. When is the right time to go keto? How long to stay on a ketogenic diet. The benefits of ketosis for the migraine brain. The surprising truth about how keto impacts blood cholesterol testing How to maximize weight loss on the Keto for

Migraine plan.
QUOTES FROM READERS of KETO FOR MIGRAINE "I wish I could hand deliver this book to every migraine sufferer...I have my life back! No more meds, even when I travel! I have not taken a triptan, Advil or single Tylenol in almost a year and a half!" - Shawna "Thank goodness for this book...I am finally curing my migraines!" - Anya "Must read for migraineurs" - J. Davis "Life Changing... I truly believe it will point you on a path that will bring joy to your life." - Tracy "Forever Grateful... This book "Keto for Migraine" will help you understand the connection between migraines and carbohydrates, and will

also give you hope that you can take back control of your life." - Brigitte V. "If you've ever thought about trying a ketogenic diet as a way to improve the management of your migraines, this is a terrific resource." - Liz "A Game-Changer for Migraineurs." - Jan

ABOUT THE AUTHOR

Josh Turknnett, MD is a board-certified neurologist, migraine sufferer, author of the best selling *The Migraine Miracle*, and public enemy number one to migraines everywhere. He has helped thousands with chronic migraine use a holistic approach to end their chronic migraines without pills, and is a frequently sought after speaker on the topic.