

Post: Greens and no red meat removed 12 year migraine



Created by [Brittany Bunk](#) on 19-Nov-2021

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Content

"He was then migraine-free for seven years, the paper said. Doctors have a theory about why."

"Leafy greens are rich in beta-carotene and other nutrients that can have anti-inflammatory properties. "

Read more <https://news.yahoo.com/man-had-severe-day-long-233100292.html>

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