

"The Dizzy Cook brings the healing power of *Heal Your Headache* into your home kitchen with a banquet of deliciously healthy recipes and helpful dietary tips."  
—David Buchholz, M.D., author of *Heal Your Headache*

## The Dizzy Cook

Managing Migraine with More Than 90 Comforting Recipes and Lifestyle Tips

ALICIA WOLF



# Managing Migraine with Comforting Recipes and Lifestyle Tips

By Alicia Wolf, "The Dizzy Cook"



# My Journey with Vestibular Migraine

- Four years ago I started to experience really strange sensations of vertigo, dizziness, and odd visual symptoms
- Doctors told me it was just “anxiety” or that I was depressed
- 7 doctors to get a diagnosis of “Vestibular Migraine”
- Often misdiagnosed because it can come without head pain
- Natural treatment options were a priority
- I lost my job because of VM



# My Path to Healing & Advocacy

- Pregnancy + Infertility + Migraine = A doozy
- The Heal Your Headache/ John's Hopkins Diet
- Migraine diets can be overwhelming and restrictive
- Very few resources for recipes led me to create “The Dizzy Cook”
- Viewing food and diet restrictions positively
- Reviewing my lifestyle
- Incorporating key supplements, exercise, and other changes



# Why I Love to Cook



Photo credit: Angie Garcia

- Gives you a sense of purpose and accomplishment
- You can control the ingredients
- You always learn something new
- Therapeutic/meditative qualities
- Vestibular therapy
- Brings the family together
- Helps you feel better!



# Some Tips for Cooking with Migraine

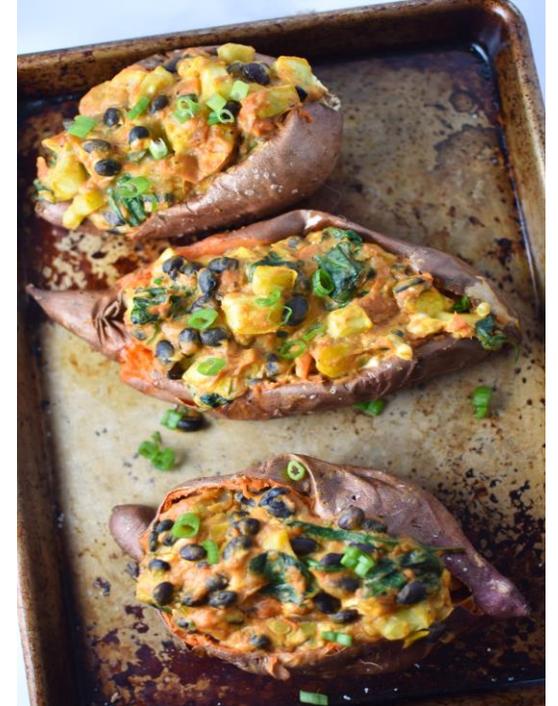


- Start slow and easy
- Plan ahead (3-4) recipes
- Freezer meals and batch cooking are your friend (meal plan)
- Find grocery favorites
- Healthy snacks on hand
- Get your family on board
- Don't be discouraged

Chicken Zucchini Poppers with Cilantro Sauce  
on [thedizzycook.com](http://thedizzycook.com)



# Enjoying Food and Managing Migraine



Goopy Blondies, Queso Dip, MSG-Free Party Mix, and Stuffed Sweet Potatoes from *The Dizzy Cook: Managing Migraine with More Than 90 Recipes and Tips*



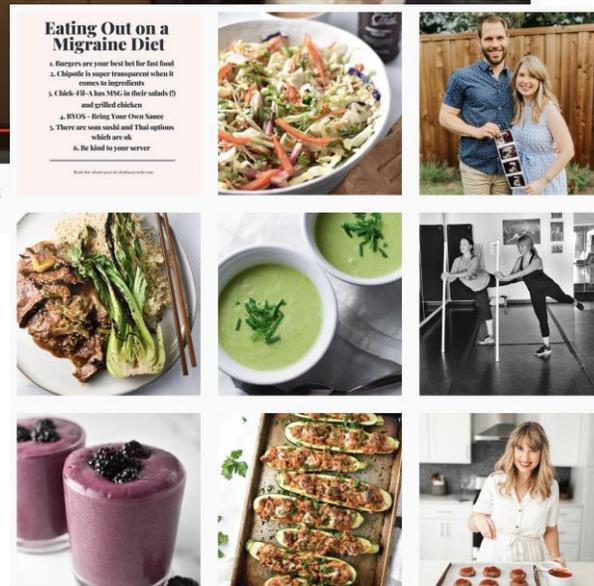
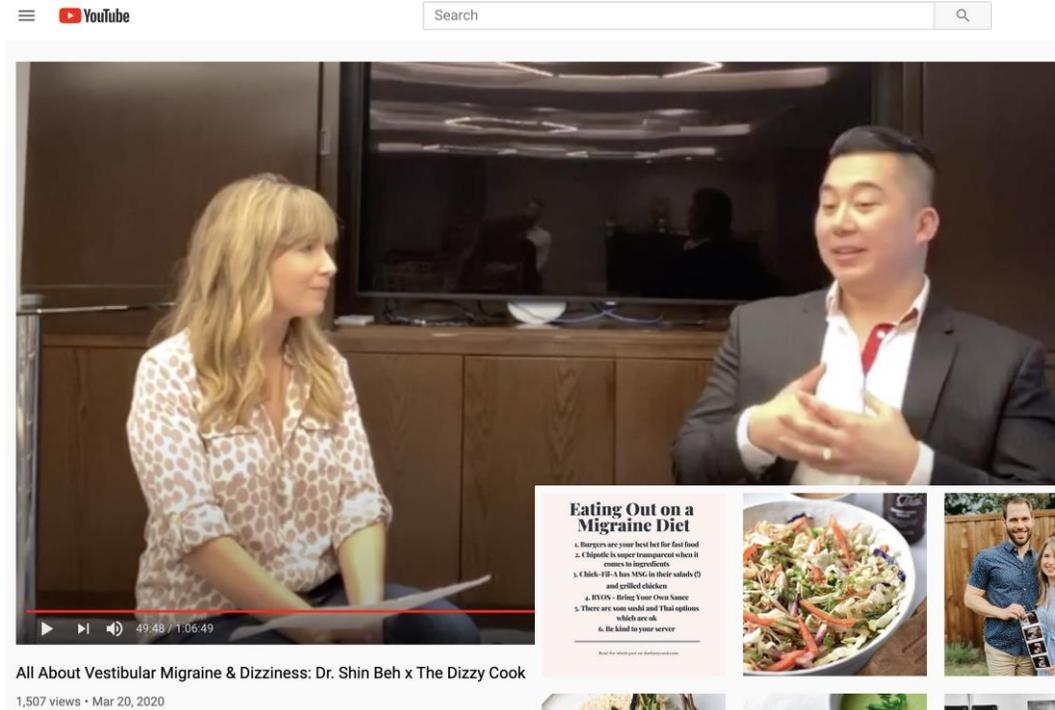
# How I Became a Migraine Advocate



- Got involved with VEDA (Vestibular.org) Ambassador Program
- Started sharing my journey on Instagram/facebook/youtube
- You never know who is watching/reading!
- My first published book – an Amazon bestseller #1 new release
- Make friendships and connections with other advocates and doctors (Miles for Migraine, CHAMP, Retreat Migraine, AMD, Headache on the Hill, Migraine Summit etc.)
- Write what you know – Migraine Again, The Mighty, Healthline
- Advocacy is what you make it



# Resources



- <https://thedizzycook.com>
- Books at [thedizzycookshop.com](https://thedizzycookshop.com), Amazon, and Barnes & Noble
- Instagram, YouTube, Pinterest and Twitter @thedizzycook
- Facebook - The Dizzy Cook Recipe Chat (for recipe help)
- VeDA ([vestibular.org](https://vestibular.org))
- Victory Over Vestibular Migraine – Dr. Shin Beh
- Miles for Migraine MeetUps & Support Groups

