

Jodi Ledley

Adventures with Jodi: How one girl stopped Migraines and Chronic Pain and accidentally improved her family's health!



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The inspiring true story of 1 girls recovery from migraines, chronic pain and several other symptoms through removing food additives called excitotoxins. The story tells of everything she experienced before she found the cause of her suffering and everything she learned on the way and the adventures that followed, like the positive changes that happened with her children and hubby if they removed excitotoxins and many other harmful food additives from their diet plan.



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