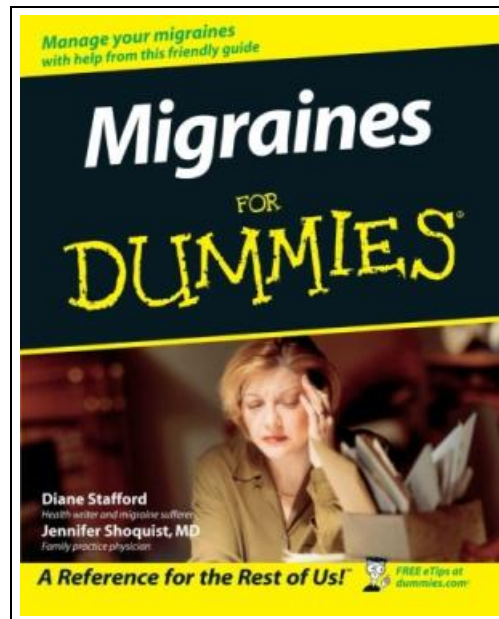


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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)

MIGRAINES FOR DUMMIES



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For Dummies. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.1in. x 7.4in. x 0.8in.If you get migraines you know how laughable it is to hear them described as headaches. As one poet put it, the migraine is a beast from Hell, a bone-crushing, brain-twisting, heart-rending, apocalyptic scourgean insult to all thats holy. And thats putting it mildly. People have been trying to tame the migraine beast for thousands of years. Some early healers bored holes into their patients skulls, the Greeks inhaled the smoke of burning coffee beans, while in ancient Egypt, doctors tied herb-stuffed clay crocodiles to migraine sufferers heads. Fortunately, we live in more enlightened times and there are now medically sound approaches that are relatively simple and inexpensiveand they dont leave scars or involve extreme fashion statements. Your complete guide to taking charge of your migraines and getting your life back, Migraines For Dummies offers a focused, fleshed-out program that works in the real world. This friendly guide fills you in on what you need to know to: Understand migraines and why you get themRelieve symptomsPinpoint pain triggersSort through the various medicationsEvaluate alternative remediesMake simple migraine-busting lifestyle changesStop migraines from disrupting your family and work livesFind a good doctor to help you manage the beastThe authors look at the whole spectrum of the problemfrom dealing with the number-one issue of pain relief, to handling the peripheral problems like absences from work skepticism from friends, and impact on family. They also explore a range of critical related issues, including: Different types of migraines, including abdominal, ocular, hemiplegic, opthamoplegic, and womens hormonal migrainesTriggers, such as environmental allergens, stress, dietary triggers, and even exercises that can cause migrainesOver-the-counter medications, vitamins and herbal supplementsBiofeedback, meditation, massage, acupuncture, and other alternative remediesThe pros and cons of prescription remedies, including ergotamine derivatives,...



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