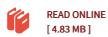




Migraines For Dummies

By Diane Stafford

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...



Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD