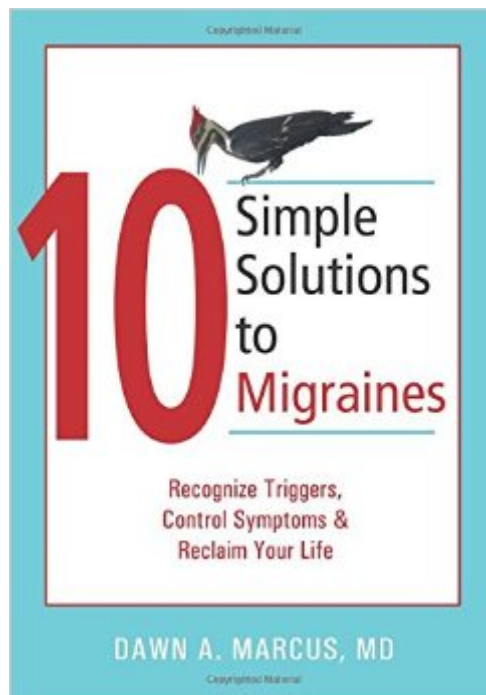


The book was found

10 Simple Solutions To Migraines: Recognize Triggers, Control Symptoms, And Reclaim Your Life (The New Harbinger Ten Simple Solutions Series)



Synopsis

Get Migraines Under Control! If you're a migraine sufferer, you want to know what you can do to make the pain go away-now! This collection of straightforward tips cuts through the hype about migraine headaches to offer you the simple, scientific truth about how to get your migraines under control. It begins by helping you get a correct diagnosis, and then it guides you to track your own personal headache triggers. Medical treatment is sometimes the best way to deal with migraine pain, but you'll also learn fast and simple ways to make relaxation, stress management, and alternative therapies work for you to stop painful migraines-now! Dawn A Marcus, MD - 2007 National Headache Foundation Media Excellence Award

Book Information

Series: The New Harbinger Ten Simple Solutions Series

Paperback: 152 pages

Publisher: New Harbinger Publications; 1 edition (May 3, 2006)

Language: English

ISBN-10: 1572244410

ISBN-13: 978-1572244412

Product Dimensions: 7.3 x 6.3 x 0.4 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #1,002,725 in Books (See Top 100 in Books) #18 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #748 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #995 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Over the past couple years, I have been collecting books on migraine to see how they have changed since the 1970s. Aside from mentions of CTs and MRIs, and triptan drugs, NOT MUCH -- while rates of migraine are increasing. I almost didn't buy this little book because it was so brief at 143 pages, but was astonished to find that it is one of the most useful and informative migraine resources available. It won the 2007 Excellence in Media Award from the National Headache Foundation. It really does provide a clear and direct set of instructions to Recognize Triggers, Control Symptoms, and Reclaim Your Life. It ranges from diagnostic features to tracking of symptoms and triggers, treatment modalities and valuable information resources. -Understand Your

Migraine: Physiology and symptoms behind the pain.-Get a Proper Diagnosis: on not confusing this with "sinus" and being aware of symptoms that suggest something far more dangerous and life-threatening than primary headache.-Track Symptoms and Triggers: How to quantify, measure, and evaluate symptoms with headache diaries and more.-Treat Acute Migraine Symptoms: a review of effective and IN-effective migraine drugs. For example, acetaminophen is the most commonly used OTC drug. It is also the least effective.-Medication and Nonmedication Therapies to Prevent Migraine: The rationale behind various treatments. What is really going on when your physician prescribes anti-depressants. No, he is not just dismissing the problem as "psychosomatic."-Manage Stress: There's more to this than the "bubble-bath by candlelight" so often recommended (and never mind the triggers in bath products and scented candles!

[Download to continue reading...](#)

10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) Health Journal: Discover Food Intolerances and Allergies: (A Food Diary that Tracks your Triggers and Symptoms) Blood, Fire, and Thorn (Harbinger of Doom - Volume 5) (Harbinger of Doom series) Gods of the Sword (Harbinger of Doom - Volume 6) (Harbinger of Doom series) The Shambling Dead (Harbinger of Doom - Volume 7) (Harbinger of Doom series) THE FALLEN ANGLE (Harbinger of Doom Volume 2) (Harbinger of Doom series) Master of the Dead (Harbinger of Doom -- Volume 8) (Harbinger of Doom series) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Unmasking Psychological Symptoms: How Therapists Can Learn to Recognize the Psychological Presentation of Medical Disorders Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series) CFT Made Simple: A Clinician's Guide to Practicing Compassion-Focused Therapy (The New Harbinger Made Simple Series) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Mind Games: Emotionally Manipulative Tactics Partners Use to Control Relationships and Force the Upper Hand - Recognize and Beat Them Headaches and

Migraines (Food Solutions):: Recipes and Advice to Stop the Pain Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) How God Makes Men: Ten Epic Stories. Ten Proven Principles. One Huge Promise for Your Life.

[Dmca](#)