



# 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 that's holy. And that's 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 inexpensive and they don't 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 them Relieve symptoms Pinpoint pain triggers Sort through the various medications Evaluate alternative remedies Make simple migraine-busting lifestyle changes Stop migraines from disrupting your family and work lives Find...



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