

Migraine--what works! - a complete self-help guide to overcoming and preventing migraines

Prima Pub. - Exercise

Description:-

Migraine -- Popular works.Migraine--what works! - a complete self-help guide to overcoming and preventing migraines

-Migraine--what works! - a complete self-help guide to overcoming and preventing migraines

Notes: Includes bibliographical references (p. 196-204) and index.
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The Migraine Solution: A Complete Guide to Diagnosis, Treatment, and Pain Management by Paul Rizzoli M.D., Elizabeth Loder M.D., M.P.H., Liz Neporent, Paperback

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Exercise

Remember, it is important to choose an exercise activity that you enjoy.

7 Lifestyle Tips to Help Prevent Migraines and Headaches

Drink 2 cups at a time and 3-4 times in a day. The pain ranges from moderate to severe.

7 Lifestyle Tips to Help Prevent Migraines and Headaches

Several prescription drugs treat migraines, but they can come with unwanted side effects. You may need a heart tracing or electrocardiogram ECG. Fact: Multiple personality disorder is a different and much less common disorder than schizophrenia.

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