



50 Ways to Control Migraines: Practical, Everyday Tips to Empower Migraine Sufferers to Live a Headache-free Life

By Ceabert J. Griffith

NTC Publishing Group,U.S., United States, 2002. Paperback. Book Condition: New. Revised.. 208 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Take the mystery and misery out of migraine pain once and for all. More than 30 million Americans suffer the debilitating physical and emotional pain of migraines. If you are one of these sufferers, you can break free from the cycle of pain and regain control of your life, thanks to 50 Ways to Control Migraines . Packed with straightforward strategies for understanding, preventing, and managing migraines, this comprehensive guide covers everything from environmental, psychological, hormonal, and dietary factors to treatment options, both traditional and alternative.You ll find reassuring, scientifically sound advice on everything related to chronic headache pain, including how to: recognize the signals and symptoms of migraine headaches; understand the impact of pregnancy, menstruation, and menopause on migraine pain; identify your migraine triggers - diet, stress, social habits, and more; change your lifestyle to reduce the frequency, intensity, and duration of your migraines; determine when you should or shouldn t take headache drugs; evaluate alternative treatments including acupuncture, homeopathy, massage, and herbal therapy; and, receive health-insurance reimbursement for migraine care. Armed with the...



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