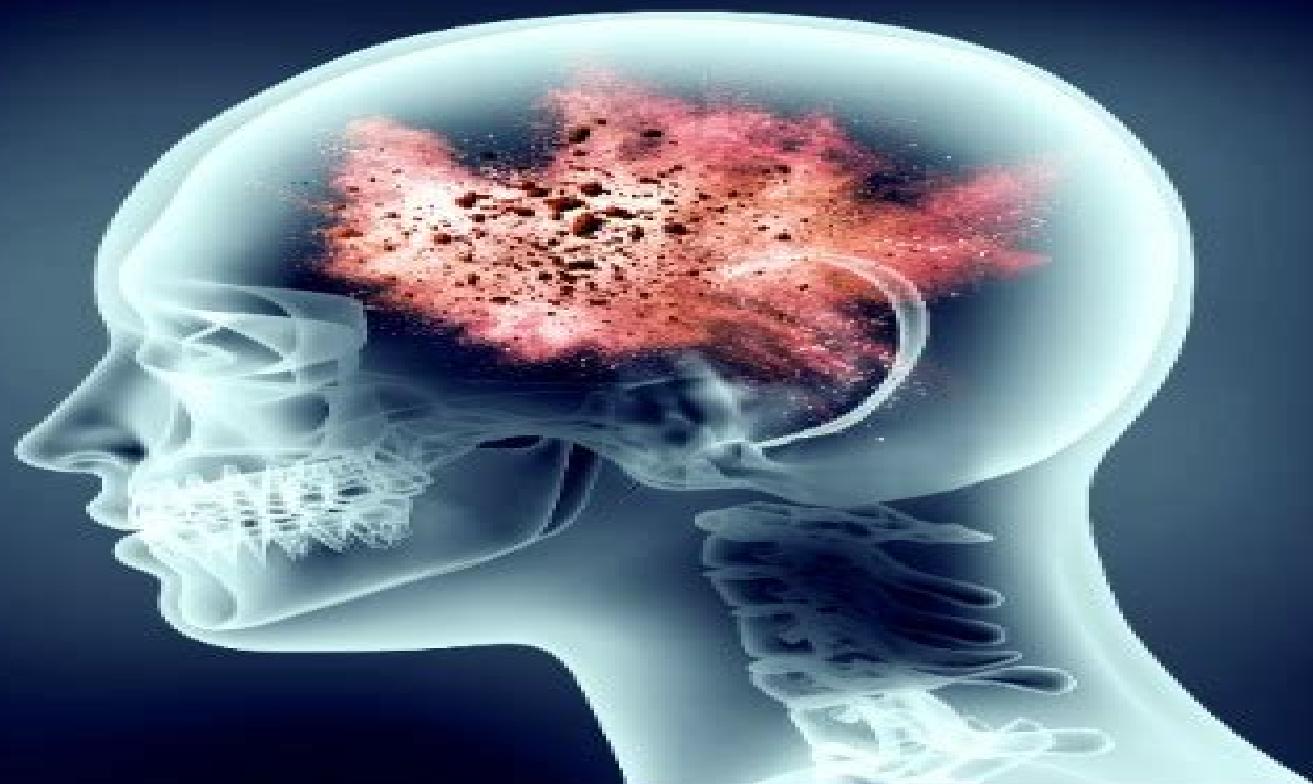


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Migraines For Dummies Diane Stafford,Jennifer Shoquist,2011-04-20 If you get migraines you know how laughable it is to hear them described as headaches As one poet put it the migraine is a beast from Hell a bone crushing brain twisting heart rending apocalyptic scourge an 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 sufferer s 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 a good doctor to help you manage the beast The authors look at the whole spectrum of the problem from dealing with the number one issue of pain relief to handling the peripheral problems like absences from work skepticism from friends and impact on family They also explore a range of critical related issues including Different types of migraines including abdominal ocular hemiplegic opthamoplegic and women s hormonal migraines Triggers such as environmental allergens stress dietary triggers and even exercises that can cause migraines Over the counter medications vitamins and herbal supplements Biofeedback meditation massage acupuncture and other alternative remedies The pros and cons of prescription remedies including ergotamine derivatives antidepressants nonsteroidal anti inflammatory drugs botox and more You ve tried Aunt Edna s camphor soaked head cloths Now explore a sensible medically sound approach and get on the road to full fledged pain relief with Migraines For Dummies

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Migraines Arthur H. Elkind,1997

Migraine Treatment Debby Kastanes,2021-04-28 A migraine is usually an intense pounding headache that can last for hours or even days The pounding or pulsing pain usually begins in the forehead the side of the head or around the eyes The headache gradually gets worse Just about any movement activity

bright light or loud noise seems to make it hurt more Nausea and vomiting are common during a migraine This book may give you The root cause of migraines and how to treat them effectively You Want to Know About Migraines What Causes Migraines and Migraine treatment How to customize your treatment to your specific symptoms What you need to do to stay migraine free for life reason and migraine relief *Headaches* Betty Ann Falletta,1986 Alternative & Complementary Therapies ,2000 Your Complete Guide to Vitamins and Supplements Angelo DePalma,1999 Discover What Vitamins and Supplements Can Do for You Did you know that scientific evidence suggests that many vitamins and supplements may be effective treatments for several of today s most common ailments It s true Millions are discovering the power of natural remedies With this book so can you Inside you ll learn which vitamins or supplements may reduce the severity of cold symptoms help prevent osteoporosis improve sports performance help relieve PMS symptoms help osteoarthritis and much more Includes an A Z guide to supplements including Vitamin C Zinc Creatine Glucosamine Lycopene Selenium Carnitine Coenzyme Q10 5 HTP Iron Folic Acid Calcium And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Every Woman's Body Diana Korte,1994 A definitive guide no home medical library should be without it **EVERY WOMAN S BODY** is a book of extraordinary depth and information that is beautifully easy to read **KARLA MORALES VICE PRESIDENT PEOPLE S MEDICAL SOCIETY** A thorough comprehensive and completely and informative alphabetical listing of medical conditions what to expect and what to do for them from abortion AIDS Alzheimer s Disease and Anemia to Uterine Fibroids Uterine Prolapse Vaginal Infections and Varicose Veins and everything in between **Consumer Health Information Source Book** Alan Rees,2000-01-27 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Your Complete Guide to Herbs** Steven Bratman,1999 Discover What Herbs Can Do for You Did you know that scientific evidence suggests that herbs may be effective treatments for several of today s most common ailments It s true Millions are discovering the powers of natural remedies With this book so can you Inside you ll learn which herbs may help improve mental function shorten the length of colds lower cholesterol reduce anxiety fight insomnia and much more Includes an A Z guide to herbs including Bilberry Echinacea Evening Primrose Feverfew Ginkgo biloba Horse Chestnut Kava Milk Thistle St John s Wort Uva Ursi Valerian And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Book Review Index ,2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index Textbook of Natural Medicine Joseph E. Pizzorno,Michael T. Murray,2006 With over 90 well known

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