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2nd Edition

Migraines

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Diane Stafford
Best-selling author and migraineur

Jennifer Shoquist, MD
Family medicine physician
with London San Luis

Migraines For Dummies

Elaine Magee

Migraines For Dummies:

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 ophthamoplegic 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

Migraines for Dummies Stafford,2013-02-28 **Migraines for Dummies 2011** Diane/ Shoquist Stafford (Jennifer) Jennifer Shoquist,2011-06-07 Find out how to relieve symptoms and manage migraines Don t let migraines disrupt your life This handy pocket guide explains how migraines differ from other headaches describes the latest prescription and non prescription drugs and helps you identify and avoid migraine triggers You ll get expert advice on how to deal with everyday life when suffering from migraines and ways NOT to treat a migraine Open the book and find What makes a migraine a migraine The different types of migraines and migraine myths How to find relief with prescription drugs Over the counter medications that can help Lifestyle changes that minimize migraines **Migraines For Dummies®, Pocket Edition** Diane Stafford,Jennifer Shoquist, M.D.,2010-12-13 Don t let migraines disrupt your life Ouch Migraines are painful This handy pocket guide explains how migraines differ from other headaches describes the latest prescription and non prescription drugs and helps you identify and avoid migraine triggers It s just what you need for lasting relief Discover how

to Understand migraine symptoms Use over the counter medications Find relief with prescription drugs Make lifestyle changes to minimize migraines *Frequently Asked Questions About Migraines and Headaches* Allan B. Cobb,2008-08-15 Many people who don t have migraines think of them as mere headaches For those who do have them it s a very different story This book sheds light on the truly debilitating symptoms of migraines and offers ways to treat them **Understanding Headaches and Migraines** Mark Forshaw,2004-04-02

Most of us have headaches at some time or other But some people find that headaches are ruining their life Dr Mark Forshaw is a chartered health psychologist He shows you how your mind can influence bodily processes making your headaches better or worse Understanding Headaches and Migraines provides clear and practical information on all types of headache and migraine and the sources of help and treatment available Here you will find The symptoms and causes of the main types of headache A checklist to help you identify which type of headache you have Easy to read explanations of current research into headaches Guidance on treatments including complementary therapies Where to find sources of further help and information An essential purchase for anyone who has ever suffered needlessly *Tell Me What to Eat if I Have Headaches and Migraines* Elaine Magee,2008-07-15 Discusses the physiological causes of headaches and migraines available treatments and the dietary implications of the disease and offers recipes and restaurant and supermarket tips

[Menopause For Dummies](#) Marcia L. Jones,Theresa Eichenwald,2002-11-15 As baby boomers hit their late forties and fifties women are entering menopause in record numbers Soon for the first time in history there will be more women beyond menopause than have yet to go through it Yet amazingly getting reliable practical information about menopause isn t easy Usually the only information you re likely to find is in the glossy brochures from pharmaceutical companies scattered around your gynecologist s waiting room If you re really persistent you can hunt down an article or two in medical journals but it s a safe bet that you ll be sound asleep long before you find straightforward answers even to one of your practical questions Whether you re going through the change have already been there or are about to start off down that road you ll find the information you need in Menopause For Dummies In plain English it covers all the health issues and therapy choices that confront women during the menopausal years It helps y ou Put menopause in perspective Understand how it can affect your body emotions and libido Evaluate your risk of disease Know all your therapy options Make sense of the hormone therapy debate Ask intelligent questions and discuss your alternatives with you doctor Make smarter life style choices Live a long healthy life Menopause For Dummies gives you accurate up to date information from the most credible sources including the latest medical studies without a lot of technical jargon You get straightforward advice and guidance on Recognizing the signs of menopause Preventing and treating osteoporosis Cardiovascular disease and menopause Vaginal and urinary changes during menopause The effects of menopause on your skin hair and nasal cavities Menopause and your sex life Hormone therapy and heart disease breast cancer and other cancers Alternative therapies Menopause and good nutrition The benefits of exercise during menopause Menopause is not a disease and it doesn

t have to be a harbinger of accelerated aging and declining health Menopause For Dummies gives you the information you need to take charge of your menopause and make this transition as comfortable and healthy as possible **Men's Health For Dummies?** Charles B. Inlander, People's Medical Society, 1999-03-23 A must read if you care at all about feeling well and staying well Ted David CNBC Network Anchor Inlander has boiled down tons of information to give us simple easy to read rules that can make us healthier and fitter Victor Cohn former Science Editor The Washington Post Includes Great Ways to Reduce the Risk of Heart Disease Take charge of your health and live longer and stronger That's the message of Men's Health For Dummies your complete prescription for lifelong wellness From staying fit and preventing disease to dealing with doctors and getting the right treatment Charles B Inlander and the People's Medical Society give you all the tools you need to feel great look great and live longer starting today Inside you'll find life enhancing advice on how to Change your diet to lower your chances of heart disease stroke cancer and diabetes Develop techniques to reduce stress in your life Recognize the signs of prostate disease Treat passing pains such as headaches indigestion colds and flu Know which vitamins and supplements can help you and which ones won't Cope with male pattern baldness Understand and prevent sexual problems such as infertility and sexually transmitted diseases Choose a medical plan and doctor to suit your specific needs

Healthcare Online For Dummies? Howard Wolinsky, Judi Wolinsky, 2001-06-15 Healthcare Online For Dummies empowers you to search the vast sometimes confusing resources of the Internet and find the medical information you need The Internet and this book won't replace doctors but Healthcare Online For Dummies will enable you to become an informed partner with your healthcare provider This book includes sections on online search techniques wellness and major illnesses An extensive directory of health and medical sites lists many of the best sites the Web has to offer **Women's Health For Dummies?** Pamela Maraldo, The People's Medical Society, 1999-03-29 One smart book It's brimming with up to date information that women can use to take better charge of their own health Madge Kaplan Health Desk Editor for public radio's nightly business show Marketplace A useful guide to everything from depression to nutrition and pregnancy to breast cancer this book helps the reader take charge of her health and her health care Lori Andrews professor of health law at Chicago Kent College of Law and the author of The Clone Age Adventures in the New World of Reproductive Technologies Includes the Recipe for Healthy Living Exercise Diet and Stress Relief Women's Health For Dummies is your complete guide to total wellness Writing with warmth and humor author Pamela Maraldo Ph.D. R.N. gives you all the information you need to feel great and live longer including detailed coverage of pregnancy childbirth menopause breast cancer and other women's health issues Packed with up to the minute information on staying fit preventing disease selecting a doctor understanding common medical problems and ensuring state of the art care Women's Health For Dummies will help you take charge of your health and set off on the road to lifelong well being Let These Icons Guide You Points out helpful information that can help you take better care of yourself Tells you the difference between fact and fiction Alerts you to information about care you

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Hypoglycemia For Dummies Cheryl Chow,James Chow,2003-02-28 If you re hypoglycemic you know that you don t have to go to an amusement park to experience the roller coaster effect your ups and downs are frequent and interfere with your quality of life Your colleagues family and friends may be tired of your moods your chronic fatigue and your various aches and illnesses none of which seem to have a clear cause You get the jitters you re nervous and you can get edgy and irritable at the drop of a hat especially if you haven t eaten in a while Now there s a book to give you a better understanding of hypoglycemia and an easy to follow program for recovery Hypoglycemia For Dummies sorts through the confusion surrounding this condition presenting expert information on diagnosis risk factors and treatment options for anyone who suffers from this disease or knows someone who does You ll discover the different types of hypoglycemia the most common symptoms and the link between hypoglycemia and diabetes This plain English guide shows you how to Diagnose low blood sugar Choose the best form of treatment for your condition Create a practical healthy doable diet Develop a enjoyable exercise regimen Deal with depression and anxiety Achieve and maintain your ideal weight You ll find step by step guidelines to help you get your blood sugar under control as well as advice on finding the right doctor and setting up a support network Hypoglycemia For Dummies also covers Overlapping syndromes such as fibromyalgia and candidasis Glucose tolerance tests Easy ways to keep your diet in balance Easing symptoms and energizing with aerobics yoga and weights Vitamins and supplements Dealing with hypoglycemia in the workplace and in relationships Stress reduction through breathing exercises meditating and self hypnosis Featuring delicious healthy recipes that will ease your symptoms tips for tackling temptation and a list of helpful resources Hypoglycemia For Dummies provides the information you need to get a handle on the disease make changes in your lifestyle and improve your well being **Arthritis for Dummies** Barry Fox,Nadine Taylor,Jinoos Yazdany,2007 Discover how to choose the right doctor for you navigate the medications maze evaluate conventional and alternative treatments exercise away stiffness cope with stress and anger [The Ultimate Baby Names Book](#) Diane Stafford,2005 Presents a listing of over fifty four thousand possible baby names including the origin common meaning and variations of many names and one hundred separate lists of names arranged by category **The GRE for Dummies** Suzee Vlk,1996 Offers a review of verbal and math skills outlines test taking strategies and includes two full length practice exams

Taxes 2005 For Dummies Eric Tyson,David J. Silverman, EA,Margaret A. Munro,2004-12-17 Taxes For Dummies 2005

cuts that down to size and helps you discover how the tax system works and how to legally make it work for you Legally is a key word Written by Eric Tyson MBA financial counselor syndicated columnist and bestselling author and David J Silverman EA tax advisor it shows you how through careful planning you can minimize your taxes and still sleep at night Organized and indexed so you can find what you need and ignore the rest there is practical information about Recent changes even experienced filers need to know about Tax return preparation using resources software digital filing and or getting professional help Graduating from the shoebox system to organized recordkeeping The basics filing status exemptions when to file and more The most common forms and schedules including 1040EZ 1040A 1040 and Schedules A B C D E and F explained step by step and line by line Income and adjustments to it Estimated taxes That s the information most people desperately need on April 14th But the most valuable information is on tax planning not tax filing No matter what bracket you re in this is the part you shouldn t ignore It includes guidelines and advice on Reducing taxes with retirement planning Small business tax planning Investment and taxes including some types of tax favored investments to avoid Real estate taxes including information on buying a home getting a mortgage and selling a home Kids and taxes including a caution about education savings accounts Estate planning after all with your new tax expertise you may someday have an estate Just in case there s also information on correcting mistakes yours or the IRS s and avoiding or surviving the dreaded audit With Taxes for Dummies 2005 you re prepared It s one of the least taxing ways to get the information you need to file and to minimize your taxes

Statistics For Dummies Deborah J. Rumsey, 2003-09-19 In the numbers explosion all around us in our modern day dealings the buzzword is data as in Do you have any data to support your claim The data supported the original hypothesis that and The data bear this out But the field of statistics is not just about data Statistics is the entire process involved in gathering evidence to answer questions about the world in cases where that evidence happens to be numerical data Statistics For Dummies is for everyone who wants to sort through and evaluate the incredible amount of statistical information that comes to them on a daily basis You know the stuff charts graphs tables as well as headlines that talk about the results of the latest poll survey experiment or other scientific study This book arms you with the ability to decipher and make important decisions about statistical results being ever aware of the ways in which people can mislead you with statistics Get the inside scoop on number crunching nuances plus insight into how you can Determine the odds Calculate a standard score Find the margin of error Recognize the impact of polls Establish criteria for a good survey Make informed decisions about experiments This down to earth reference is chock full of real examples from real sources that are relevant to your everyday life from the latest medical breakthroughs crime studies and population trends to surveys on Internet dating cell phone use and the worst cars of the millennium Statistics For Dummies departs from traditional statistics texts references supplement books and study guides in the following ways Practical and intuitive explanations of statistical concepts ideas techniques formulas and calculations Clear and concise step by step procedures that intuitively explain how to

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The GRE Test For Dummies Suzee Vlk,2002-09-01 Whether you're a college senior or someone who graduated years ago you'll want this friendly guide to help you ace the GRE and get into the grad school of your choice Suzee Vlk a test prep guru with nearly thirty years of coaching experience supplies you with Up to date sample questions Two complete practice tests Guidance on how to approach each type of question Tips on how to avoid test tricks and traps Relaxation techniques that keep you calm and focused Hints on how to beat the clock Comprehensive reviews of the basics in all categories With Suzee as your guide you'll discover how to think the GRE You'll identify the point behind each of the various styles and types of questions and understand what each is meant to test And you'll gain the confidence you need to Have the last word on sentence completions antonyms analogies reading comprehension and analytical writing questions Take the full measure of the geometry and algebra questions Hand in an incomparable performance on quantitative comparison and problem solving questions Revised to address the test's new computer adaptive format The GRE Test For Dummies arms you with everything you need to vanquish the beast standing between you and the graduate program of your choice

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