

*Take Charge of Your Migraine*

# **MANAGING YOUR *MIGRAINE***

***A Migraine Sufferer's Practical Guide***

**Susan L. Burks, MEd**

***"This book should be required reading for patients, their families, and their physicians alike."***

***from the foreword by  
Fred D. Sheftell, MD***

# Managing Your Migraine A Migrainesufferers Practical Guide

**Lingjun Ying**

## **Managing Your Migraine A Migrainesufferers Practical Guide:**

Managing Your Migraine Susan L. Burks,2013-03-07 Managing Your Migraine speaks to your needs as a migraine sufferer It confirms that you suffer from a genuine physical illness and that others share your frustration disappointments and anger Its goal is to move you beyond learning to live with it to a full understanding of its mechanisms symptoms and treatments This book proves that you can take charge of your illness and shows you how to do so safely effectively and with real confidence

*Managing Your Migraine* Susan L. Burks,1994-05-17 In Managing Your Migraine Susan Burks a longtime victim of the illness speaks to all those who have not yet achieved adequate personal control and are dissatisfied with their current medical treatment Tailoring her book to your individual needs through the use of self surveys and questionnaires she details lifestyle strategies for avoiding migraine and shows how to develop new skills for its control She fully explains the role of dietary triggers in migraine attacks and outlines the three levels of dietary restriction appropriate for different types of sufferers She also answers your questions about the effect of female hormones on migraine the relationship between migraine and depression and the potential dangers from nonheadache medications noxious odors and chemicals There is even a discussion of your rights as a chronic headache sufferer under the Americans with Disabilities Act

**Managing Your Migraine** Katy Munro,2021-08-26 A fantastic and much needed resource for all those suffering Dr Katy Munro s experience and knowledge through this book will help all those who read it Dr Rupy Aujla The Doctor s Kitchen Dr Katy Munro is the single best migraine expert our family have ever met This book brings hope to every migraineur Miranda Sawyer Guardian Observer Journalist Despite being one of the most common and debilitating conditions in the world migraine is still widely misunderstood stigmatised and misdiagnosed Migraine is much more than just a headache it s a genetic neurological brain disorder and it s time patients got the healp they really need Managing Your Migraine is the practical go to guide for understanding and treating migraine In the book headache Specialist and GP Dr Katy Munro will give you expert advice on Understanding your migraine phases and triggers The impact of food exercise and sleep on migraine Rescue plans for acute attacks Migraine preventers Migraine in children Managing your mental health with migraine If you re a person with migraine or know someone struggling this book will provide helpful strategies for alleviating your symptoms and managing your migraine Drawing on her medical expertise her own personal experience with migraine and the stories of her patients Dr Munro will empower you to get to know your own migraine and build an effective treatment plan that will help you live your life more fully Part of the Penguin Life Experts series

The Clinician's Handbook of Natural Medicine - E-Book Joseph E. Pizzorno,Michael T. Murray,Herb Joiner-Bey,2007-11-07 Written by leading authorities in complementary and integrative medicine this convenient quick reference handbook provides clear and rational directives on diagnosing and treating specific diseases and disorders with natural medicine You ll get concise summaries of diagnostic procedures general considerations therapeutic considerations and therapeutic approaches for 84 of the most commonly seen

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**Coping with Mental Illness** Andrea Votava,1999-12-15 Discusses migraines and other kinds of headaches and what can be done to get rid of them

**50 Ways to Control Migraines** Ceabert J. Griffith,2002-08-20 An estimated 30 million American adults and 1 million children suffer from migraine headaches Now 50 Ways to Control Migraines offers you welcome relief with 50 concrete strategies for understanding preventing and managing the pain of this chronic disease Handy and comprehensive this volume covers everything from environmental psychological hormonal and dietary factors to treatment options both traditional and alternative

**The Headache Sourcebook** Joel Paulino,Ceabert J. Griffith,2001 In the US headache complaints account for 2 5 percent of all visits to emergency rooms and recurrent headache are the biggest reason for all disability payments to American workers Headaches are unique and so treatment varies Some people benefit from pain medications while others need only to practice relaxation techniques to control pain This is a complete guide to managing tension migraine cluster and other types of recurrent headaches

**The Woman's Guide to Managing Migraine** Susan Hutchinson,2013-03-14 Headaches in women is truly a major health issue Every year over 22 million women in the United States suffer from migraine headaches A concise and practical handbook that gives female headache sufferers all the tools they need to work with their healthcare providers to properly diagnose types of headache and develop the best possible treatment plans

**Sustainable Lighting & Lighting for Sustainability** MDPI,2021-01-08 The role of lighting is developing into a topic considered alongside sustainable development Some years ago lighting installations fulfilled technical requirements and consumed only enough energy for the accurate completion of visual tasks This recently changed due to several discoveries in the matter of non visual paths whose influence on users well being safety mood and productivity is starting to be applied to installations Today we know that sustainable development depends on many factors but we are only now beginning to understand how accurate lighting can be used to promote development from different

perspectives The present book compiles work dealing with the way lighting installations must be designed to work in an efficient and sustainable way together with the way lighting can be used to contribute to sustainable development beyond the well known savings in energy green house gas emissions and raw materials consumption The union of both concepts sustainable lighting and lighting for sustainability is what is called total lighting the global framework with which the lighting community will work in the near future

**The Publishers Weekly**, 1994 **Textbook of Natural Medicine** Joseph E.

Pizzorno, Michael T. Murray, 2006 With over 90 well known contributors in depth coverage of more than 70 specific diseases and 10 000 citations of peer reviewed research literature you'll find accurate detailed pharmacologic information on herbs and supplements and crucial knowledge for making recommendations to patients book jacket *Subject Guide to Books in Print*, 2001 Health & Medical Year Book 1995, 1995 **Men's Health and Wellness Encyclopedia** Charles B.

Inlander, People's Medical Society (U.S.), 1998 Designed to be the first place men can turn to when any question about their health arises this comprehensive reference covers a wealth of men's health topics from conditions to tests from treatments to medicine addressing the most relevant topics in a straightforward candid and thorough way 15 line drawings Medical and Health Care Books and Serials in Print, 1997 **Public Library Catalog**, 1999 *Sick! Diseases and Disorders, Injuries and Infections* David E. Newton, 2000 This volume covering D H presents information on diseases illnesses disorders and injuries

**Public Library Catalog** Juliette Yaakov, 1999 In librarian's office The Planned Parenthood Women's

Health Encyclopedia Planned Parenthood Federation of America, 1996 The Planned Parenthood Women's Health Encyclopedia is the authoritative reference from America's most trusted name in women's health This groundbreaking resource offers crucial health information from Planned Parenthood the largest provider of women's health services in the nation Designed to provide women with all the information they need to negotiate the medical system The Planned Parenthood Women's Health Encyclopedia provides accessible information on everything from choosing a gynecologist to preventing osteoporosis from choosing birth control to coping with PMS from dealing with depression to learning more about the diagnosis and treatment of breast and ovarian cancers Alphabetically arranged and extensively cross referenced this guide covers women's health from medical and holistic perspectives discussing physical and emotional issues and providing preventative and diagnostic information treatments and alternatives In order to offer women the knowledge to make the most informed decisions about their own health The Planned Parenthood Women's Health Encyclopedia also includes differing viewpoints on controversial health issues Throughout the text are evaluation exercises charts interactive questionnaires and survival strategies to help every woman cope with demands solve problems make choices and get the most out of her life For more information on a specific topic most sections conclude with a list of organizations throughout the country that offer specialized services related to women's health Appendices include a listing of medical abbreviations a glossary of medical tests and a recommended reading list Line for line The Planned Parenthood Women's Health Encyclopedia is the premier

publication for helping women feel better stay healthy and live longer Planned Parenthood affiliates operate nearly 1 000 health centers nationwide Its national headquarters is located in New York City The Cumulative Book Index ,1998 A world list of books in the English language

The Enigmatic Realm of **Managing Your Migraine A Migrainesufferers Practical Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Managing Your Migraine A Migrainesufferers Practical Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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