



# Mastering Your Migraine

**Diane Stafford, Jennifer Shoquist**



## **Mastering Your Migraine:**

*Mastering Your Migraine* Peter Evans, 1978      **Mastering Migraine** Adam Harcourt, 2020-01-18 What causes Migraine Is it possible to be in control of it Mastering Migraine answers these questions and many more in the most succinct way Dr Adam Harcourt simplifies the understanding of migraine and the 4 most common modifiable factors Hormonal Nutritional Musculoskeletal and Neurological This 4 Factor concept along with his novel Bucket Theory aims to keep you from shooting in the dark when it comes to migraine treatment If you picture the part of your brain that leads to migraine as a bucket you can imagine that when the bucket overflows from any combination of stressors migraine occurs Mastering Migraine aims to help you discover the tools that will reduce these stressors and at the same time make your bucket bigger The combination of these two approaches can move you down the spectrum of migraine from having migraine often to only having it once in awhile or not at all Mastering Migraine aims to help you stay in control of migraine rather than having migraine control you Read the book that will change migraine as you know it      **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      **The Fifth Vital Sign: Master Your Cycles & Optimize**

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## Reviewing **Mastering Your Migraine**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mastering Your Migraine**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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