

# Mastering your **MIGRAINE**

Foreword by Professor Paul Turner  
and Derek R. Mullis

With over 10 million migraine sufferers in the UK, this book is the first to offer a practical, step-by-step guide to the prevention and control of this most common of all headache disorders. It is based on the latest scientific research and clinical experience, and is packed with practical advice and tips for coping with the symptoms of migraine. The book covers all aspects of migraine, from the causes and triggers to the most effective treatments. It includes a comprehensive section on the latest drugs for migraine, as well as advice on how to manage the physical and emotional aspects of the condition. Whether you are a migraine sufferer yourself or know someone who is, this book is an essential guide to living a better life with migraine.

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# Peter Evans

# Mastering Your Migraine P

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## Mastering Your Migraine P:

**Coping with Headaches and Migraine** Alison Frith,2016-04-21 Headaches and migraine affect up to 10 million people in the UK and are one of the common problems seen in doctors surgeries and emergency departments The profound effect they have on daily life means that they are now viewed by the World Health Organisation as one of the world's most disabling diseases This new edition of Coping with Headaches and Migraine explains how lifestyle measures can help and updates the research on causes treatments and ways to cope It explores genetic factors in migraine and the increasing use of non drug treatments such as nerve stimulation Topics include migraine and its varying symptoms cluster headache tension headache daily headaches medication overuse headache causes and triggers medical help and drugs diet exercise lifestyle non drug strategies and complementary remedies headaches affecting women at various stages of their lives research and future approaches to treatment

**The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility** Lisa Hendrickson-Jack,2019-01-21 MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign just like your pulse temperature respiration rate and blood pressure And it provides you with essential information about your health The Fifth Vital Sign Master Your Cycles and Optimize Your Fertility brings together over 1 000 meticulously researched scientific references in a textbook quality guide to understanding your menstrual cycle In this book you'll learn What a normal cycle looks like The best way to chart your cycle and increase your fertility awareness How best to manage critical aspects of your health including better sleep exercise and a healthier diet Natural methods for managing period pain and PMS How to successfully avoid pregnancy without the pill and How to plan ahead if you do want to get pregnant The Fifth Vital Sign aims to better connect women with their menstrual cycles to break the myth that ovulation is only important when you're ready to have a baby READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not your health matters Start learning more now and take control of your health ABOUT THE AUTHOR Lisa Hendrickson Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner She teaches women to chart their menstrual cycles for natural birth control conception and overall health monitoring In her work Lisa draws heavily from the current scientific literature and presents an evidence based approach to fertility awareness and menstrual cycle optimization

**Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965-70

**British Books in Print** ,1986

*Dr. Wright's Guide to Healing with Nutrition* Jonathan V. Wright,1984

**Mastering Your Migraine** Peter Evans,1978

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**Migraine--what Works!** Joseph Kandel,David B. Sudderth,1996 Are you or someone you know one of the 23 million individuals suffering from the excruciating pain of migraine headaches Migraine What Works takes the mystery out of migraine suffering and offers complete and up to date treatments Written by two neurologists who have helped migraine patients for more than a decade Migraine What Works explains all your options for treatment and prevention in

simple terms The expert counseling offered here shows you how to Recognize a migraine in all its forms Learn what triggers a migraine so you can avoid the next one Know which medicines work from homeopathic to the latest pharmaceuticals Choose dietary and lifestyle changes that really make a difference Find and work with a physician who understands migraines Treat an acute attack in public with effective yet discreet methods Alleviate and prevent migraine attacks with simple exercises Migraines are a tormenting experience for the afflicted and their families For those millions who endure agonizing pain Migraine What Works is a comprehensive handbook of medically sound solutions About the Authors Joseph Kandel M D is medical director of the Neurology Center of Naples Florida His articles have appeared in numerous medical journals David B Sudderth M D is senior partner at the Neurology Center of Naples and co founder of the Gulfcoast Spine Institute in Naples     Behavioural Psychotherapy in Primary Care Tom Carnwath,David Miller,1986     **Health Education**

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## **Mastering Your Migraine P** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Mastering Your Migraine P**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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