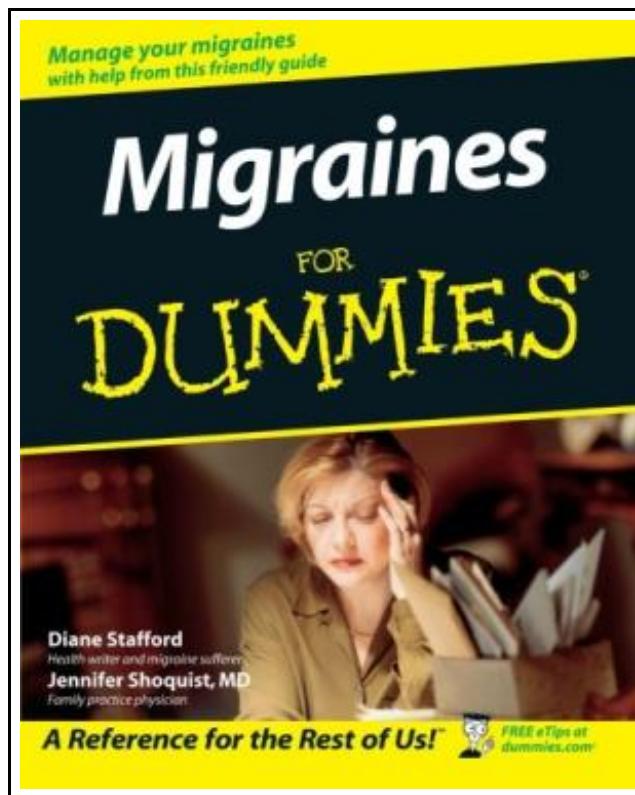


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For Dummies. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.1in. x 7.4in. x 0.8in. If you get migraines you know how laughable it is to hear them described as headaches. As one poet put it, the migraine is a beast from Hell, a bone-crushing, brain-twisting, heart-rending, apocalyptic scourgean 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 sufferers' 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, ophtalmoplegic, 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,...

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