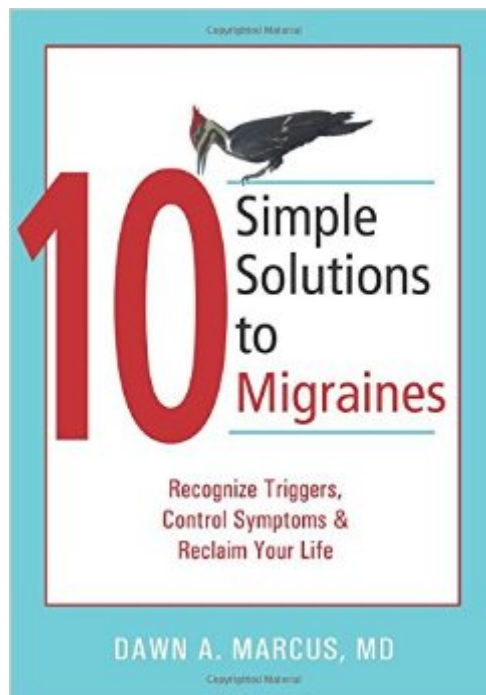


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# 10 Simple Solutions To Migraines: Recognize Triggers, Control Symptoms, And Reclaim Your Life (The New Harbinger Ten Simple Solutions Series)



## Synopsis

Get Migraines Under Control! If you're a migraine sufferer, you want to know what you can do to make the pain go away-now! This collection of straightforward tips cuts through the hype about migraine headaches to offer you the simple, scientific truth about how to get your migraines under control. It begins by helping you get a correct diagnosis, and then it guides you to track your own personal headache triggers. Medical treatment is sometimes the best way to deal with migraine pain, but you'll also learn fast and simple ways to make relaxation, stress management, and alternative therapies work for you to stop painful migraines-now! Dawn A Marcus, MD - 2007 National Headache Foundation Media Excellence Award

## Book Information

Series: The New Harbinger Ten Simple Solutions Series

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Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #1,002,725 in Books (See Top 100 in Books) #18 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #748 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #995 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Over the past couple years, I have been collecting books on migraine to see how they have changed since the 1970s. Aside from mentions of CTs and MRIs, and triptan drugs, NOT MUCH -- while rates of migraine are increasing. I almost didn't buy this little book because it was so brief at 143 pages, but was astonished to find that it is one of the most useful and informative migraine resources available. It won the 2007 Excellence in Media Award from the National Headache Foundation. It really does provide a clear and direct set of instructions to Recognize Triggers, Control Symptoms, and Reclaim Your Life. It ranges from diagnostic features to tracking of symptoms and triggers, treatment modalities and valuable information resources. -Understand Your

Migraine: Physiology and symptoms behind the pain.-Get a Proper Diagnosis: on not confusing this with "sinus" and being aware of symptoms that suggest something far more dangerous and life-threatening than primary headache.-Track Symptoms and Triggers: How to quantify, measure, and evaluate symptoms with headache diaries and more.-Treat Acute Migraine Symptoms: a review of effective and IN-effective migraine drugs. For example, acetaminophen is the most commonly used OTC drug. It is also the least effective.-Medication and Nonmedication Therapies to Prevent Migraine: The rationale behind various treatments. What is really going on when your physician prescribes anti-depressants. No, he is not just dismissing the problem as "psychosomatic."-Manage Stress: There's more to this than the "bubble-bath by candlelight" so often recommended (and never mind the triggers in bath products and scented candles!

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