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## 50 Ways to Control Migraines: Practical, Everyday Tips to Empower Migraine Sufferers to Live a Headache-free Life (Paperback)

By Ceabert J. Griffith

NTC Publishing Group,U.S., United States, 2002. Paperback.

Book Condition: New. Revised.. 208 x 138 mm. Language:

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Take the mystery and misery out of migraine pain once and for all.

More than 30 million Americans suffer the debilitating physical

and emotional pain of migraines. If you are one of these

sufferers, you can break free from the cycle of pain and regain

control of your life, thanks to 50 Ways to Control Migraines .

Packed with straightforward strategies for understanding,

preventing, and managing migraines, this comprehensive

guide covers everything from environmental, psychological,

hormonal, and dietary factors to treatment options, both

traditional and alternative.You ll find reassuring, scientifically

sound advice on everything related to chronic headache pain,

including how to: recognize the signals and symptoms of

migraine headaches; understand the impact of pregnancy,

menstruation, and menopause on migraine pain; identify your

migraine triggers - diet, stress, social habits, and more; change

your lifestyle to reduce the frequency, intensity, and duration

of your migraines; determine when you should or shouldn t

take headache drugs; evaluate alternative treatments

including acupuncture, homeopathy, massage, and herbal

therapy; and, receive health-insurance reimbursement for

migraine care. Armed with the...

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