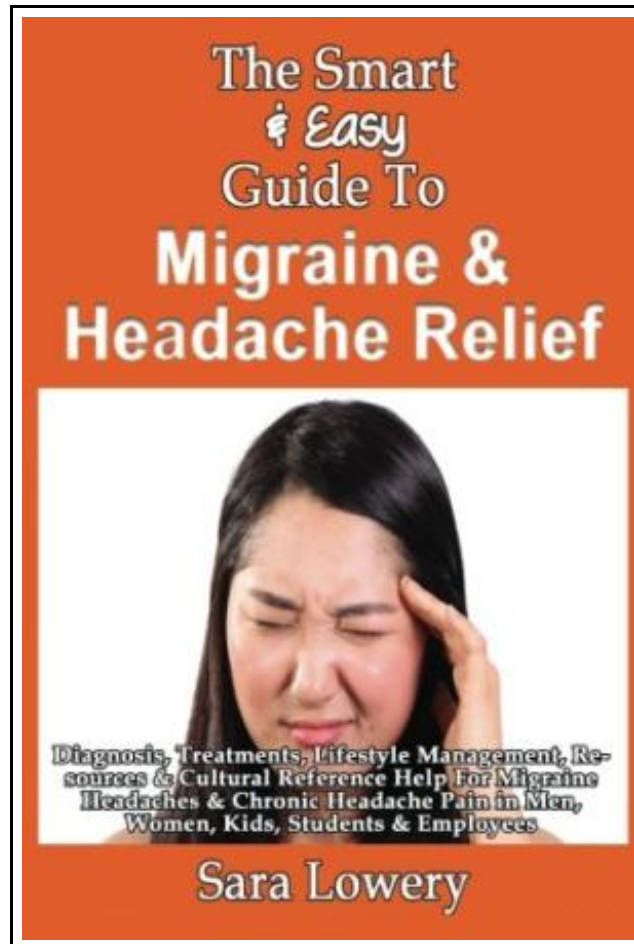


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Few things are as debilitating and mystifying as a migraine headache. Some of the most influential people in history have succumbed to them, yet they seem inexplicable, even demonic in the intensity and directness of the pain. Debilitating, blinding - even nauseating - the suffering of a full-blown migraine headache is enough to drive some to despair. And while some migraine remedies work, some others will leave you in just as much pain as before. As migraines are not going away, this is your guide to learning to live with them, minimize their impact and frequency and take care to avoid them where at all possible. Migraines have been with people as long as people have been on Earth. Mysterious, intense and insufferable, this particular enemy needs to be subdued. This invaluable guide is the complete manual for treatment, avoidance and coping with migraine headaches. Scientifically informed, comprehensive and thorough, this volume invites readers to learn more about all of the following: The long human history of migraines and some of the famous people affected by them The most complete guide possible to treatments, remedies, medicines and scientific understandings of migraine headaches Important special information for women migraine sufferers including information on pregnancy and menstruation Rare and unusual forms of migraines, tumors and other afflictions of the head and brain Plus a complete guide to other resources especially for migraine sufferers From massage to Motrin - treatments for migraine headaches abound. This guide to your own headaches and the physiological and environmental causes of all the suffering is among the most complete on the market. Included is a complete explanation of the ten most effective and proven cures....



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