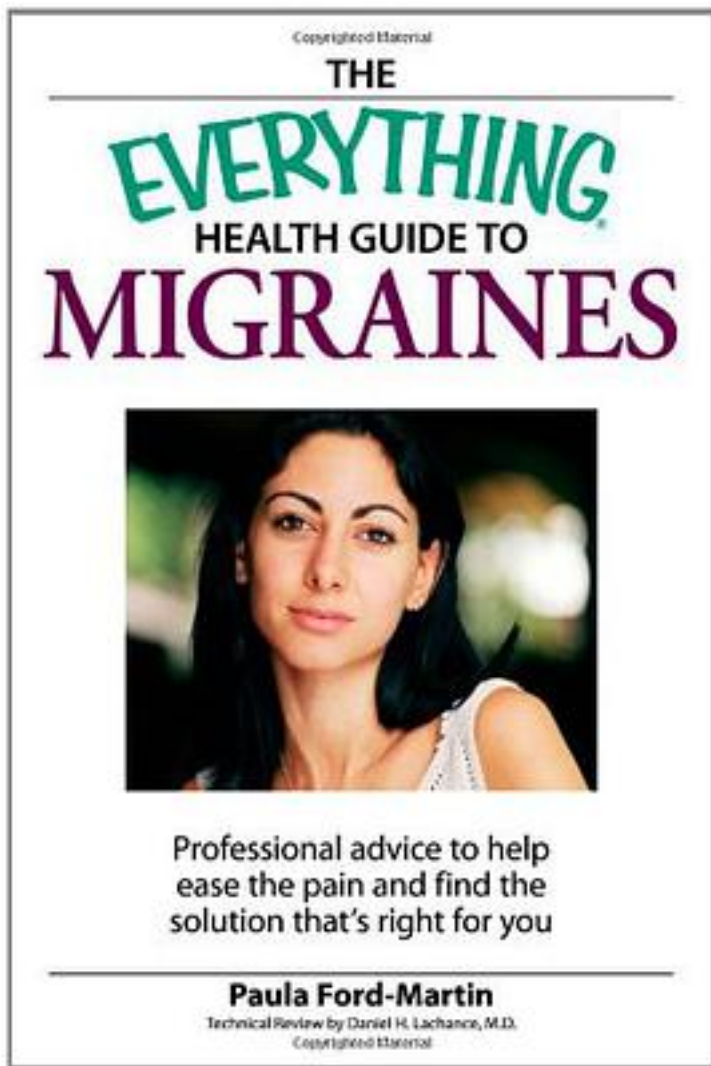


# The Everything Health Guide to Migraines



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Pain, sensitivity to light, numbness, and nausea - millions of people who suffer from migraines may be mis- or un-diagnosed. "The Everything Health Guide to Migraines" explores the symptoms, coping methods, medicinal and natural treatment options for migraines. Written by an experienced health writer and seasoned Everything author, this book offers information on: the different types of migraines; migraine myths and misconceptions; getting a proper diagnosis; traditional and alternative treatment options; and tips for avoiding migraine triggers. From managing your physical and emotional health to the road to recovery and the future of migraine care, "The Everything Health Guide to Migraines" offers relief for migraine sufferers in more ways than one.

作者介绍:

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