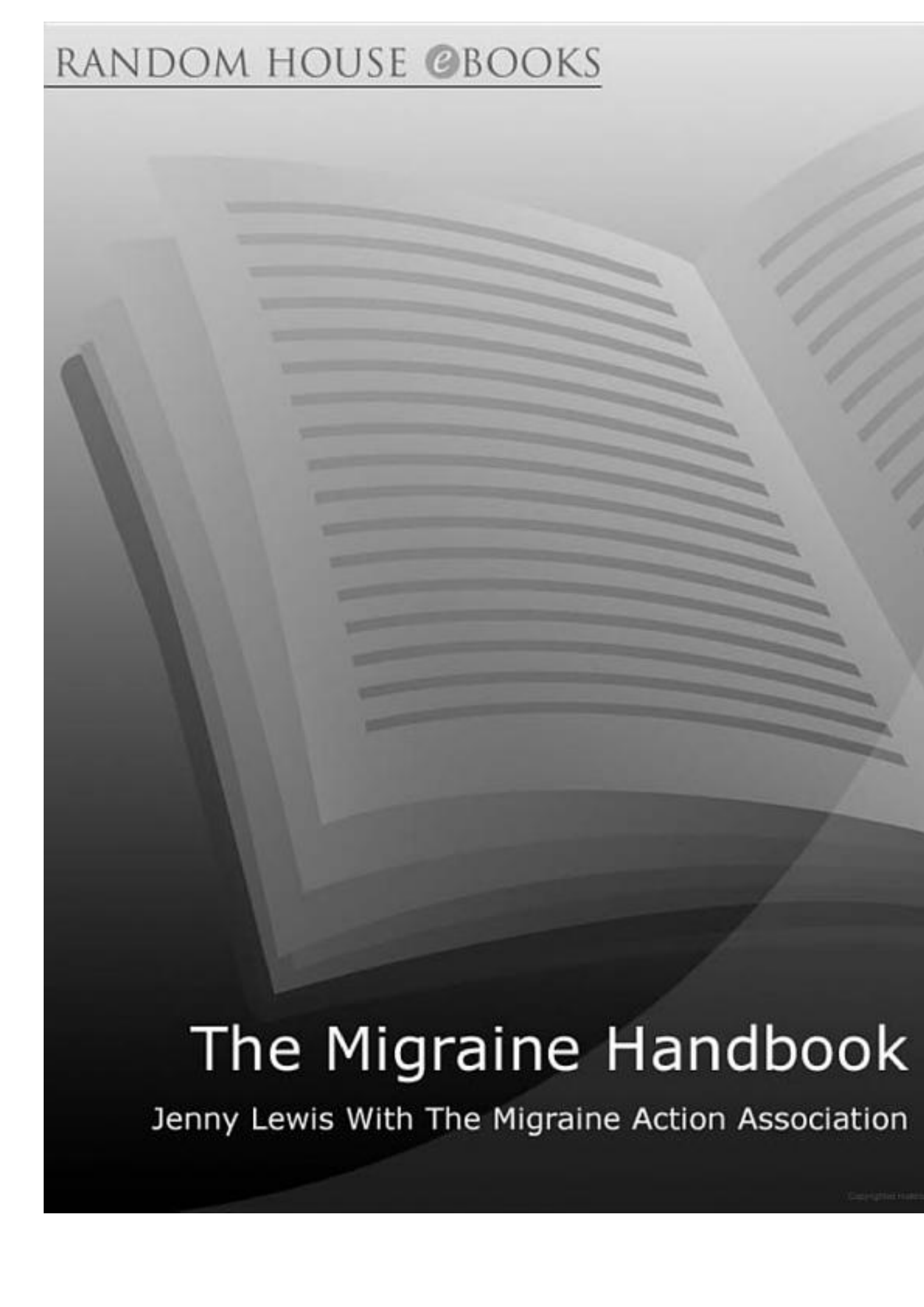


RANDOM HOUSE  BOOKS

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# The Migraine Handbook

Jenny Lewis With The Migraine Action Association

The Migraine Handbook: The Definitive Guide to the Causes, Symptoms and Treatments, Migraine Trust, The Migraine Action Association, Jenny Lewis, Random House, 2011, 1446489825, 9781446489826, 192 pages. At least one in ten people suffer from migraine. It is not simply a problem affecting women but also young children and a good third of sufferers are men. The Migraine Handbook looks at the mystery and social stigma of migraine from all perspectives, details its symptoms and addresses the questions of whether it is hereditary, how it relates to hormone levels, age and factors such as noise, light, certain types of dairy foods, caffeine-rich foods and food additives, overwork and excessive exercise, all of which are common triggers. The book is full of grapevine advice from scores of sufferers and details of what to avoid and how to cope with attacks. It also provides an in-depth look at treatments such as acupuncture, yoga and homeopathy. Now fully updated to include the latest drugs available to migraine sufferers, this new edition of The Migraine Handbook points the way forward for doctors and sufferers alike and helps them to come to terms with, and conquer, migraine..

Migraine & headaches understanding, controlling, and avoiding the pain, Marcia Wilkinson, Jan 1, 1982, Medical, 108 pages. .

Migration in Irish History 1607-2007 , Patrick Fitzgerald, Brian Lambkin, Feb 15, 2009, , 400 pages. Migration--people moving in as immigrants, around as migrants, and out as emigrants--is a major theme of Irish history. This is the first book to offer both a survey of the ....

Migraine The Complete Guide to Coping with Migraine, Ann Rush, 1996, , 168 pages. As many as one in ten people suffer from migraine and if you are one of them you don't need to be told how debilitating these headaches can be. For many sufferers, the ....

Heading Off Migraine Pain , , , , . .

Ann Redfearn Migraine Take Control Of Your Health Naturally, Ann Redfearn, 2005, Health & Fitness, 128 pages. Migraines have been named by the World Health Organization as one of the world's top 20 most disabling conditions, but orthodox medicine offers no drug-free solution to lessen ....

Migration , John Archer Jackson, 1969, Social Science, 304 pages. Thesis (D.P.A.)--University of Georgia, 2001..

Migraine the facts, Frank Clifford Rose, M. Gawel, 1979, Medical, 106 pages. .

Migraine Rewritten A Journey from Debilitating Headache Pain to Regained Health, Dian Caouette, Jan 1, 2006, Migraine, 73 pages. .

Migraine Pain of the Body, Cry of the Spirit, Marian Frances Ordway, 2009, , 284 pages. Migraine: Pain of the Body, Cry of the Spirit addresses deep-seated, underlying origins of the migraine problem as a misalignment of body-mind-spirit. Included are practical ....

Mastering your migraine , Peter Evans, 1979, Medical, 112 pages. .

Causes and Solutions For Migraines , Christopher M. Cannon, , , . Among The Most Exclusive eBooks On Migraines. This Book Gives You Insight On The Causes and Solutions, Common Migraine Food Triggers, Genetic Research into Migraines ....

The National Childbirth Trust Book Of Breastfeeding , Mary Smale, Aug 31, 2011, Family & Relationships, 224 pages. There is no doubt that breast is best and it is the most natural way of feeding your baby. The majority of mothers approach breastfeeding with an optimism and a desire to ....

Migrations the Irish at home & abroad, Richard Kearney, 1990, , 127 pages. .

The Breast Cancer Book , Val Sampson & Debbie Fenlon, Feb 29, 2012, Family & Relationships, 224 pages. 'This is an excellent book and I would recommend it to any woman with breast cancer.' Christine Fogg, Breast Cancer Care. The Breast Cancer Book is the book Val Sampson looked ....

Migraine The Drug-Free Way, Sue Dyson, Sep 30, 2004, , 128 pages. Imagine someone is trying to drill a hole in your head, right through one of your eyes. Imagine your stomach is heaving, your sight disturbed by weird effects of light and ....

The Stammering Handbook A Definitive Guide to Coping With a Stammer, Jenny Lewis, Feb 29, 2012, Family & Relationships, 160 pages. Many people regard stammering as a joke, reinforced by the fact that they are usually portrayed on film and television as figures of fun: Michael Palin in a Fish Called Wanda ....

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