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## Living Well with Migraine Disease and Headaches: What Your Doctor Doesn t Tell You, That You Need to Know (Paperback)

By Teri Robert

HarperCollins Publishers Inc, United States, 2005. Paperback. Book Condition: New. 200 x 134 mm. Language: English . Brand New Book. Everyone experiences a headache at one time or another. But for an estimated 2/3 of men and women, frequent tension headaches, chronic daily headaches, or debilitating Migraines are a daily problem. Teri Robert, Ph.D., an award winning patient advocate and host of s headache and migraine page, has been there-in fact, she experienced her first migraine at age six. Now in this groundbreaking holistic guide to the diagnosis and treatment of headaches and Migraine disease, she brings a patient-empowering message to all headache sufferers: you don t have to live with daily pain. Living Well With Migraine Disease and Headaches features a comprehensive overview of the risks and symptoms of Migraines and various types of chronic headaches, traditional and alternative therapies, information on finding health care practitioners and support, numerous case studies and expert advice, as well as a Migraine diary, a checklists of symptoms and risk factors, and a detailed resource section featuring web sites, books, and articles. While other books on headaches and Migraines advocate one approach to treatment, this invaluable guide gives you unbiased information on all...



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