



Migraines For Dummies

Diane Stafford, Jennifer Shoquist

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If you get migraines you know how laughable it is to hear them described as “headaches.” As one poet put it, “the migraine is a beast from Hell, a bone-crushing, brain-twisting, heart-rending, apocalyptic scourge—an insult to all that’s holy.” And that’s putting it mildly. People have been trying to tame the migraine beast for thousands of years. Some early healers bored holes into their patients’ skulls, the Greeks inhaled the smoke of burning coffee beans, while in ancient Egypt, doctors tied herb-stuffed clay crocodiles to migraine sufferer’s heads. Fortunately, we live in more enlightened times and there are now medically sound approaches that are relatively simple and inexpensive—and they don’t leave scars or involve extreme fashion statements.

Your complete guide to taking charge of your migraines and getting your life back, *Migraines For Dummies* offers a focused, fleshed-out program that works in the real world. This friendly guide fills you in on what you need to know to:

- Understand migraines and why you get them
- Relieve symptoms
- Pinpoint pain triggers
- Sort through the various medications
- Evaluate alternative remedies
- Make simple migraine-busting lifestyle changes
- Stop migraines from disrupting your family and work lives
- Find a good doctor to help you manage the beast

The authors look at the whole spectrum of the problem—from dealing with the number-one issue of pain relief, to handling the peripheral problems like absences from work skepticism from friends, and impact on family. They also explore a range of critical related issues, including:

- Different types of migraines, including abdominal, ocular, hemiplegic, ophthalmoplegic, and women’s hormonal migraines
- Triggers, such as environmental allergens, stress, dietary triggers, and even exercises that can cause migraines
- Over-the-counter medications, vitamins and herbal supplements
- Biofeedback, meditation, massage, acupuncture, and other alternative remedies
- The pros and cons of prescription remedies, including ergotamine derivatives, antidepressants, nonsteroidal anti-inflammatory drugs, botox and more

You’ve tried Aunt Edna’s camphor-soaked head cloths. Now explore a sensible, medically sound approach, and get on the road to full-fledged pain relief with *Migraines For Dummies*.

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