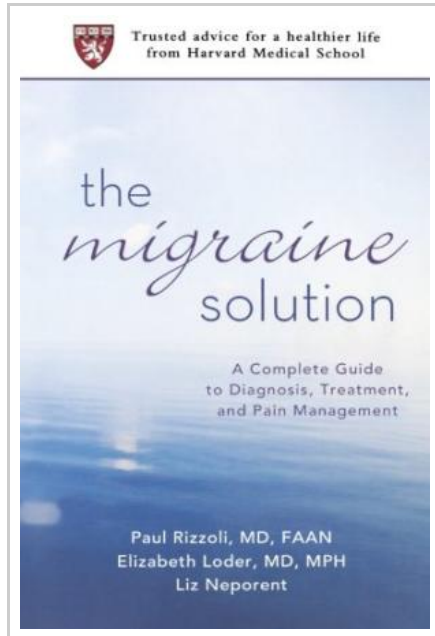




The Migraine Solution: A Complete Guide to Diagnosis, Treatment, and Pain Management

By Liz Neporent, Paul Rizzoli, Elizabeth Loder

Griffin Publishing. Paperback / softback. Book Condition: new. BRAND NEW, The Migraine Solution: A Complete Guide to Diagnosis, Treatment, and Pain Management, Liz Neporent, Paul Rizzoli, Elizabeth Loder, A straightforward, engaging, up-to-date guide to migraine and its treatment. For millions of Americans, migraine headaches are a debilitating part of every day. As top neurologists specializing in headache pain at Brigham and Women's Hospital and The Faulkner Hospital in Boston, Elizabeth Loder, MD, MPH, and Paul Rizzoli, MD, are at the forefront of new research related to migraine management and treatment. In THE MIGRAINE SOLUTION, they'll provide clear, current, reliable information to meet the unmet needs of the headache patient, while also clarifying some of the 'myths' of headache management. Along with Liz Neporent, seasoned health journalist and lifetime migraine sufferer, they will provide readers with all of the guidance they need to alleviate their migraines for good, including: - Understanding migraine triggers- Self-evaluation questionnaires and symptom-trackers - Cheat sheets, wallet cards, and migraine logs- Over-the-counter vs. prescription drug treatment- Herbal/vitamin treatment and complementary/alternative medicine- Lifestyle treatments including diet, exercise, sleep, and meditation- Emergency pain management- Special circumstances: women and children- Essential Harvard resources and FAQs.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch