



# Managing Migraines: Dealing with migraines from all perspectives ... something to help each sufferer

*Claire Houlding*

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Debilitating migraines affect thousands of people world-wide and yet so many sufferers remain inadequately treated. Sufferers tend to have limited access to complete information on the management of their migraines and are likely to become desperate, thinking that they have exhausted all their treatment options and need to accept a life tormented by splitting headaches. For this very reason, Managing Migraines has been written to bring new hope to all migraineurs and to give them the tools with which to improve their quality of life. In this book all aspects of dealing with migraines have been investigated in order to show sufferers how many choices of treatment are available to them. There is no single wonder cure that will work for every single person- instead there are so many different alternatives available, that no sufferer should remain untreated and in pain. The author, through personal, as well as professional experience with migraines, emphasizes that sufferers are diverse and have different factors that trigger their migraines. Managing Migraines covers not only the broad range of effective treatments available, ranging from medicinal, to complementary, to alternative remedies, but also offers many useful lifestyle changes. There are extensive details on common trigger factors as well as a migraine diary. This comprehensive book is written in layman's terms to reach all sufferers and is easily understandable. Every single sufferer will derive benefit out of the information made available in this book. It is no longer necessary to sit in pain, feeling distressed and despondent! Managing Migraines will allow you to learn about the causes of your migraines, to find appropriate remedies to suit your own specific needs and, above all, it will empower you to put an end to your physical anguish. Read about your many alternatives and put an end to your suffering!

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