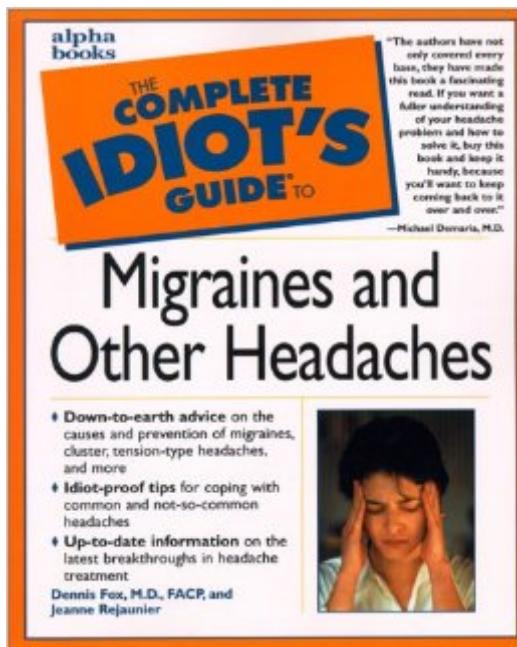


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# Complete Idiot's Guide To Migraines And Other Headaches



## Synopsis

This guide gives sound advice and information to millions who suffer from headaches. Covering migraines, cluster headaches, serious tension headaches, sinus headaches, and rebound headaches, it explains what they are, how to identify what kind you have, what triggers them, and how to manage the pain they cause. It also gives guidelines to help you know when to use an over-the-counter remedy and when to see a doctor.

## Book Information

Series: The Complete Idiot's Guide

Paperback: 352 pages

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Product Dimensions: 8.9 x 7.2 x 0.9 inches

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Average Customer Review: 3.0 out of 5 starsÂ  [See all reviewsÂ](#) (2 customer reviews)

Best Sellers Rank: #2,741,106 in Books (See Top 100 in Books) #63 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1631 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2089 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

After years of suffering and going from one doctor to another I finally obtained the needed guidance from this book. Through its pages you are offered much information and the possibility of finding the proper avenue to health. Not all headaches are the same or stem from the same cause, therefore a cautionary but educated approach is the best route to take, and the authors with their experts (including a Naturopathic Physician) do so admirably. If one's objective is to rid or at least ameliorate their condition I strongly recommend the information compiled in this book.

I bought this book "new." It came written in and the corners smooshed. Not happy.

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advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Headaches and Migraines (Food Solutions):: Recipes and Advice to Stop the Pain Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief No More Headaches No More Migraines Complete Idiot's Guide to Dinosaurs (The Complete Idiot's Guide) The Complete Idiot's Guide to Pool And Billiards, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to LinkedIn (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Using Your Computer - for Seniors (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to PC Basics, Windows 7 Edition (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Amigurumi (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Solar Power for Your Home, 3rd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Bipolar Disorder (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Writing Erotic Romance (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Kabbalah (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide Numerology Workbook (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Handwriting Analysis, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) Stop Headaches Now: Take the Bite Out of Headaches

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