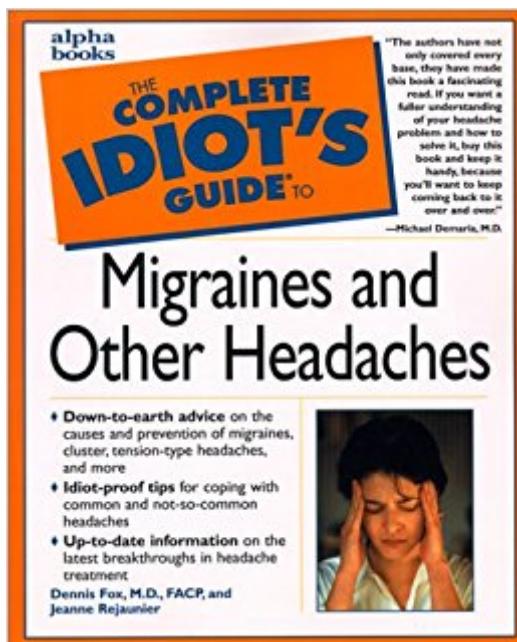


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# Complete Idiot's Guide To Migraines And Other Headaches



## **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**

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## **Customer Reviews**

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Sorbonne, Paris, and the Universities of Pisa and Florence, Italy.

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

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.

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