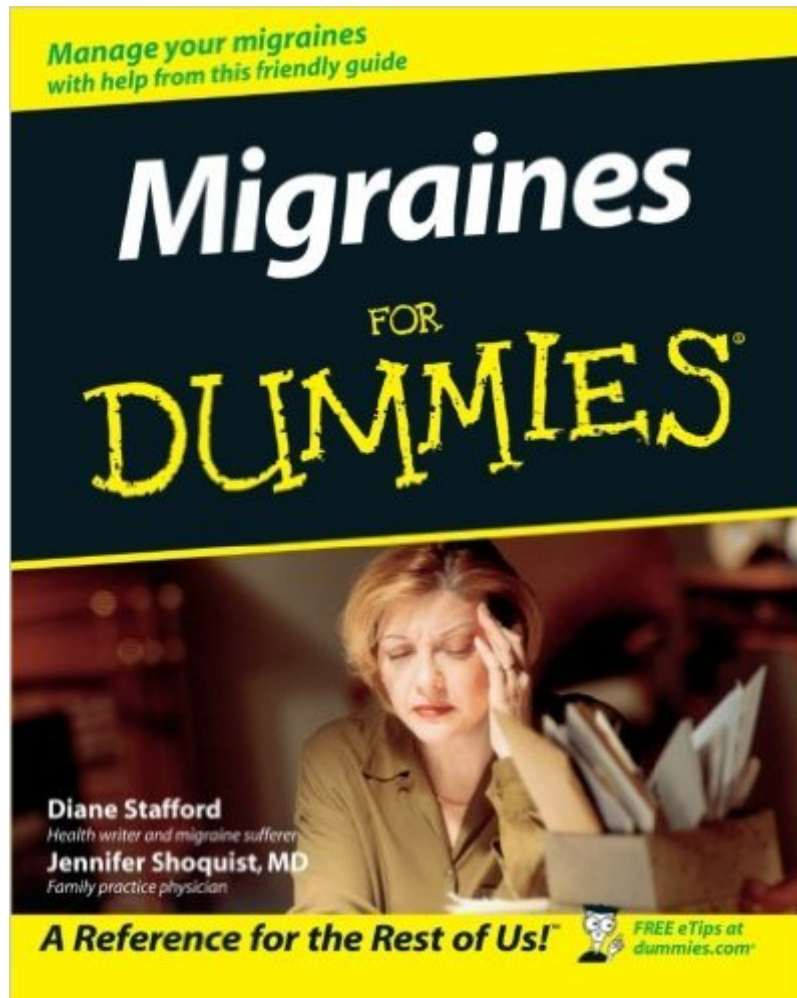


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# Migraines For Dummies



## Synopsis

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 sufferers' 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*.

## Book Information

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## Customer Reviews

If you just had the first headache of your life and wonder whether or not it is a migraine maybe this book is for you, but even then you would be better off going searching on the web for information. For anybody who suffers from migraines (I have had them for 25 years by now), this book offers little help. In fact, it is a complete waste of your headache-free time. It touches on different subjects in the most superficial way and adopts a "happy-go-lucky" tone whatever the subject. Migraines are not fun or funny so the tone of the book is completely inappropriate, e.g. "the big Kahuna Migraine pitches a tent in your head to stay for a while" or "For a moment, forget about medium- to hard-driving terminator prescription drugs and all those totally groovy over-the-counter meds." Some of the recommendations don't even make sense or the authors contradict themselves: you do not want to watch TV with a migraine, or have soft music playing or flowers that smell in your room! Medications and their side-effects are treated rather lightly, in an inappropriately "funny" way - as if you are supposed to get a laugh out of the "positive" side effect of Botox of smoothing out your wrinkles, or that you might lose weight while taking Topamax. If your migraines are so bad that you have to resort to these medications, the chirpy sense of humor of the authors eludes you, especially given the serious side effects of the latter medication. Maybe somewhere in those 300 pages is buried some helpful information, but by the time you get to page 300 you will feel like a dummy because of the tone of the book and not because you are having a migraine. My recommendation is, search the web for the sites of the various headache associations to find helpful information presented in a way much less insulting to your intelligence and to find a good neurologist with expertise in the treatment of headaches.

As a 20-year migraine sufferer, I must have 50 books on the subject including textbooks used in medical schools and costing \$100 or more. This book gives a great overview and introduction to the person who is trying to find out where to start to take charge of their own medical treatment for Migraine and what questions to ask your Doc to see if he really knows what he is talking about.

Most don't. This is a "First Step" book and not a book full of answers, but it will help you find more definitive information and save you wasting your time and money on a Doc who hasn't got a clue as to the discoveries about Migraine using Positive Emission Tomography since the late 1990's. Everything "taught" MDs about Migraine prior to about 1995 is just simply UNTRUE and this book will help you find sources for the latest material.

I agree with the review that reads, "Save yourself the headache . . ." This book is far too general. If you read the brochures in your doctor's office and some informative information on the web, you already know more than you'll find here. If you want a good, thorough book on migraines, consider "Headache Help: A Complete Guide to Understanding Headaches and the Medications That Relieve Them," which you can buy from .com

Buy the book. Don't underplay the important of considering that the many additives in the food supply may be among the triggers. Especially watch out for soy lecithin. It's in almost everything--even gum. BUY the book.

I read this on a whim. I have headaches. Some ok; some really bad. People would offer advice and suggest migraine meds. Problem is the fact I really didn't have any ideas on what to weigh or consider. This book is good in that it will help with the basic question "Do I have Migraines?" In my case, I am lucky to be a lite migraine sufferer. Some of the explanations from the book helped me examine cause and effect of the headaches. In some cases, they are simple stress headaches be it from too much work, bad posture at the computer for long periods of time, etc. Probably the best thing I got from was looking for triggers and measuring the body for when something bad was about to happen. Sometimes it gets worst when you try to tough it out. I will say again that this is a book for those that want to know more but don't really know what to do or where to begin searching. If you are one of the unfortunates that suffer from frequent migraines, then you probably already have an arsenal of knowledge and probably would not get much from this book. Some of the writing, made me skip as some of the ideas are repeated. Overall, it's not a bad book especially when considering the Dummies books tend to be a little weak. I am a little more informed on the subject matter as the book named some sites on the web were I could get more information.

First this book isn't a Doctor (neurologist) so if you don't have one and suffer Migraines Please find a Doctor. I lucked out and found a Neurologist who also suffers Migraines. He was a God send. This

Book refers back to what my Doctor told me. I am on medications but went from TWO "MIGRAINES" a week to one or less a month. When I was recommended this Neurologist by my Family Doctor, I had a Migraine for Three Weeks. My Life is now Liveable. This book helped confirm what my Neurologist said and in small bite sized pieces. The Doctor also prescribed of all things a Natural supplement that has not reduced the Severity but the Frequency. That is MIGRELIEF made by Quantum ([...]). What I eat seemed to make the Migraines worst. Preventing the onset of a Migraine started by me changing my Diet. The healthy things I ate were some of the triggers to onset. This book is helpful. Here is a site my Doctor uses ([...]) . I am not saying this book alone will heal anyone. Without a good Neurologist you might keep having Migraines. I am now at the point I can sell all my Migraine Books. I am living again and not hiding in a dark room waiting for the migraine to stop. Remember a Banana that is ripe (Eatable and not bitter) can bring on headaches. I hope this helps someone.

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