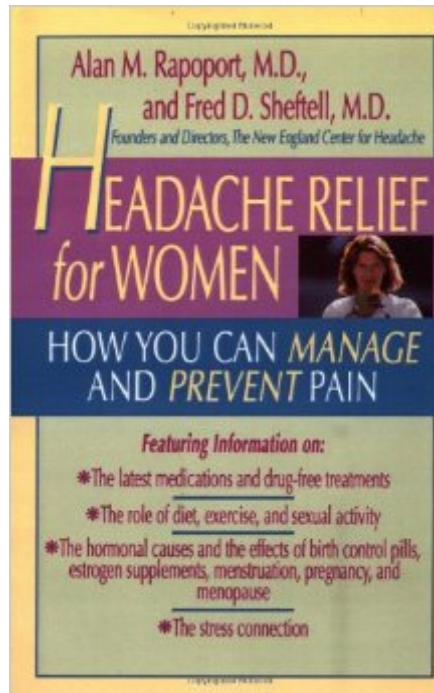


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# Headache Relief For Women: How You Can Manage And Prevent Pain



## Synopsis

In the only book that exclusively addresses women's headache pain, two noted headache specialists dispel the mysteries of migraine and other headaches and offer a full spectrum of pain-management techniques, ranging from nutritional to pharmacological.

## Book Information

Paperback: 256 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #2,245,004 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #1402 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #1827 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

After checking this book out of the library several times, I am finally buying it. I have found it to one of the best books of migraine I have read. The authors recognize the great extent to which migraine can affect people's lives. They offer up-to-date and useful information on how to deal with this serious malady, including both drug and drug-free approaches.

This book was so informative. I learned so much about my pain from this book. I have read countless books on migraine but this was is the best. It details so many causes that most doctors never mention.

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Headache Relief for Women: How You Can Manage and Prevent Pain Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs

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