

Migraine Books

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Books shelved as migraine: A Brain Wider Than the Sky: A Migraine Diary by Andrew Levy, All in My Head: An Epic Quest to Cure an Unrelenting, Totally Unr... Home My Books

Migraine Books - Goodreads

Not your typical migraine self-help book, "The Migraine Mafia" is a novel from Maia Sepp. In it, character Vive McBroom faces all the stigmas and struggles associated with migraines, including the...

Migraines: Our Favorite Books - Healthline

Written by a neurologist with extensive experience treating patients with migraine and a clinical psychologist who is a pain management expert, along with contributions from actual headache patients, this book is an invaluable resource for understanding and coping

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with the medical, psychological, and emotional turmoil of this relentless painful condition.

Migraine Books: Here Are The Top 6 To Read ASAP

Migraine Brains and Bodies – A Comprehensive Guide to Solving the Mystery of Your Migraines by C.M. Shifflett. Why We Like It: It's a detailed account of the myriad ways migraine affects our bodies and our minds, integrating conventional medical approaches with physical therapies.

6 Great Migraine Books Worth Reading This Season

"Katherine Foxhall's book, *Migraine: A History*, is a remarkable volume on migraine and its history from the second to the 21st century... Written by a historian with an open mind to all aspects of migraine and medical history, the book stands alone as a current best historical work on the subject...

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Migraine: A History: 9781421429489: Medicine & Health

...

Love this book - essential for any migraine sufferer. Oliver Sacks in general is a goldmine to anyone even remotely interested in how the brain works. This is probably his least accessible book, but very educational for both migraine patients and those around them.

Migraine: Sacks, Oliver: 9780375704062: Amazon.com: Books

Migraine is the first book written by Oliver Sacks, a well-known New York City-based neurologist and author. The full title of the first edition was Migrane - Evolution of a common disorder. The book was written in 1967, mostly over a nine-day period, and first published in 1970. A revised and updated version was published in 1990.

Migraine (book) - Wikipedia

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Migraine is a helpful book for people who suffer from migraines.

Migraine by Oliver Sacks

"The Migraine Brain is the most complete and up-to-date resource and is a must for all migraine sufferers and anyone who lives with them. It is thorough, easy to understand, and well organized. The ultimate migraine resource." -- Nieca Goldberg, M.D., author of Dr. Nieca Goldberg's Complete Guide to Women's Health

The Migraine Brain: Your Breakthrough Guide to Fewer ...

This book, and the 1-2-3 program, are the closest thing to a miracle cure I could imagine. I've had migraine with aura since I was 16yo, and was down to about two per year, until about five years ago when I started to get daily headaches w/o aura.

Heal Your Headache: The 1-2-3 Program for Taking Charge of ...

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Migraine This book is part of a new 6-book cover-collage design. For centuries, physicians and migraineurs have been fascinated by the many manifestations of migraine, and especially by the visual hallucinations or auras- similar in some ways to those induced by hallucinogenic drugs or deliria-which often precede a migraine.

Migraine | Oliver Sacks, M.D. | Author, Neurologist | On ...

Migraines, which often begin in childhood, adolescence or early adulthood, can progress through four stages: prodrome, aura, attack and post-drome. Not everyone who has migraines goes through all stages. Prodrome. One or two days before a migraine, you might notice subtle changes that warn of an upcoming migraine, including:
Constipation

Migraine - Symptoms and causes - Mayo Clinic

If you've ever thought about trying a

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ketogenic diet as a way to improve the management of your migraines, this is a terrific resource. Alongside the My Migraine Miracle book and website, Dr. Turknnett offers this well supported and researched book to help us sift through the jargon and the variations of “keto” and onto a better health.

Keto for Migraine: Keys to the Ketogenic Diet for Migraine ...

Keeping a migraine or headache diary may help you get an idea of what may be triggering your migraines. The diary can be used to record things like how long and severe a migraine attack was, what was happening around the time the attack occurred, what you ate or drank beforehand, and what medicine you took.

Migraine: Overview - Informed Health Online - NCBI Bookshelf

38 CFR Book C, Schedule for Rating Disabilities . Supplements; Appendices; 4.1 - 4.31 - Subpart A - General Policy in

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Rating; Subpart B - Subpart B - Disability Rating; 4.40 - 4.73 - The Musculoskeletal System; 4.75 - 4.84a-5 - The Organs of Special Sense; 4.85 - 4.87a - Impairment of Auditory Acuity

38 CFR Book C, Schedule for Rating Disabilities - Web ...

The Migraine Brain - Everybody who has to contend with migraines (including those near to Migraineurs) NEEDS to read this book! Chronic Migraine Awareness, Inc. (CMA) Migraine Triggers Chronic Migraines Migraine Relief Pain Relief Headache Cure Tension Headache Migraine Attack Head Pain Light Sensitivity Migraines & Me|NOOK Book

13 Best Migraine Books images | Migraine, Chronic ...

The National Headache Foundation is a leader in headache and migraine awareness, providing headache research and migraine research and resources for those suffering with severe migraines and headaches.

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Dr. Carol A. Foster, MD - National Headache Foundation

Migraine care at Mayo Clinic Your Mayo Clinic care team. The doctors trained in nervous system disorders (neurologists) include internationally recognized researchers in the treatment and prevention of migraines. Teams of doctors work together to bring you the best possible treatment for your migraines.

Migraine - Care at Mayo Clinic - Mayo Clinic

In the book "Migraine: A History" (Johns Hopkins University Press), medical historian Katherine Foxhall writes of a disabling disease that has been documented going back thousands of years, though...

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