

# Everything Health Guide To Migraines - Paula Ford-martin

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THE  
**EVERYTHING**  
HEALTH GUIDE TO  
**MIGRAINES**



Professional advice to help  
ease the pain and find the  
solution that's right for you

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**Paula Ford-Martin**

Technical Review by Daniel H. Lachance, M.D.

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If you are one of the 28 million Americans suffering from migraines, you know how hard it is to find relief. The Everything Health Guide to Migraines is your perfect resource for information about symptoms, coping methods, and both medicinal and natural treatment options for your migraines. This handbook provides clear, concise information to help you understand the problem and find a solution. In this helpful guide, you'll find the knowledge you need to:

- Identify the different types of migraines
- Determine migraine myths and misconceptions
- Get a proper diagnosis—the first step toward relief
- Avoid migraine triggers
- Choose traditional or alternative treatment options

This book will assist you in accurately diagnosing your condition and managing your physical and emotional health. It is your compass on the road to recovery and the future of your migraine care. With The Everything Health Guide to Migraines, you can say goodbye to migraine pain!

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