



Migraines: Everything You Need to Know About Their Cause and Cure

Arthur, M.D. Elkind

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NEW HOPE FOR MIGRAINES

It has been estimated that nearly twenty-five million Americans suffer from migraines. the number could be even higher since many victims of migraines endure in silence, embarrassed and apologetic for the invisible, often excruciating pain that disables them for hours, or days at a time. The good news is: there are ways to prevent, relieve, and often cure migraines. Dr. Arthur Elkind, with years of success in treating migraines and other types of headaches, now offers new information and hope for relief.

FIND OUT

- How to identify your headache as a migraine
- What advanced symptoms signal a migraine is starting
- How to pinpoint and avoid migraine triggers
- How emotional stress affects headaches
- Why family history plays a role in migraines
- How PMS, estrogen, pregnancy, and menopause all have an effect on migraines
- How to recognize and treat migraines in children
- When to seek prompt medical attention for your headache
- How doctors diagnose migraines
- What kind of drugs and pain medicines are now available
- Which natural alternatives help you avoid or relive migraines
- What your chances are of becoming migraine-free

INCLUDES:

A glossary of terms and treatments and Sources of Help: Organizations, books, videos, and on-line information

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