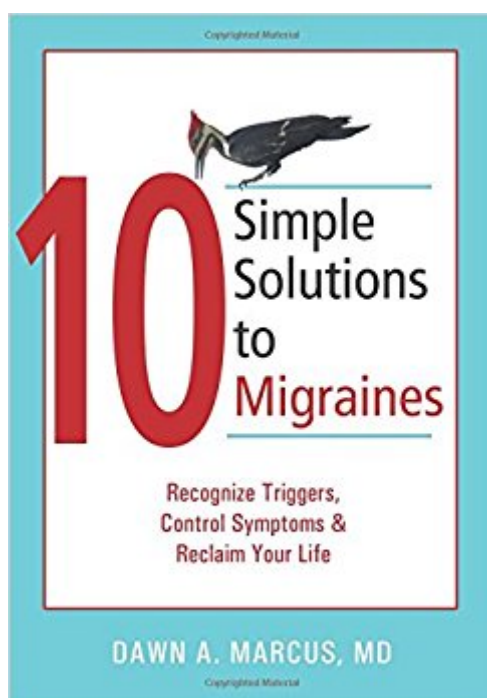


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# 10 Simple Solutions To Migraines: Recognize Triggers, Control Symptoms, And Reclaim Your Life (The New Harbinger Ten Simple Solutions Series)



## Synopsis

Get Migraines Under Control! If you're a migraine sufferer, you want to know what you can do to make the pain go away-now! This collection of straightforward tips cuts through the hype about migraine headaches to offer you the simple, scientific truth about how to get your migraines under control. It begins by helping you get a correct diagnosis, and then it guides you to track your own personal headache triggers. Medical treatment is sometimes the best way to deal with migraine pain, but you'll also learn fast and simple ways to make relaxation, stress management, and alternative therapies work for you to stop painful migraines-now! Dawn A Marcus, MD - 2007 National Headache Foundation Media Excellence Award

## Book Information

Series: The New Harbinger Ten Simple Solutions Series

Paperback: 152 pages

Publisher: New Harbinger Publications; 1 edition (May 3, 2006)

Language: English

ISBN-10: 1572244410

ISBN-13: 978-1572244412

Product Dimensions: 7.3 x 6.3 x 0.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,209,847 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #854 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #1097 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

“10 Simple Solutions to Migraines is truly a remarkable book that stands apart from the plethora of self-help book on headaches. I commend her on writing such an important, readable, and useful book and know it will be invaluable to those looking for meaningful help in effectively controlling migraines.”  
— Roger K. Cady, MD, medical director of the Headache Care Center in the Primary Care Network

A neurologist specializing in headache treatment outlines ten simple techniques to help relieve and prevent migraines, including drug therapy, lifestyle enhancements, and complementary therapies,

including supplements, diet, and exercise.

Over the past couple years, I have been collecting books on migraine to see how they have changed since the 1970s. Aside from mentions of CTs and MRIs, and triptan drugs, NOT MUCH -- while rates of migraine are increasing. I almost didn't buy this little book because it was so brief at 143 pages, but was astonished to find that it is one of the most useful and informative migraine resources available. It won the 2007 Excellence in Media Award from the National Headache Foundation. It really does provide a clear and direct set of instructions to Recognize Triggers, Control Symptoms, and Reclaim Your Life. It ranges from diagnostic features to tracking of symptoms and triggers, treatment modalities and valuable information resources.

- Understand Your Migraine: Physiology and symptoms behind the pain.
- Get a Proper Diagnosis: on not confusing this with "sinus" and being aware of symptoms that suggest something far more dangerous and life-threatening than primary headache.
- Track Symptoms and Triggers: How to quantify, measure, and evaluate symptoms with headache diaries and more.
- Treat Acute Migraine Symptoms: a review of effective and IN-effective migraine drugs. For example, acetaminophen is the most commonly used OTC drug. It is also the least effective.
- Medication and Nonmedication Therapies to Prevent Migraine: The rationale behind various treatments. What is really going on when your physician prescribes anti-depressants. No, he is not just dismissing the problem as "psychosomatic."
- Manage Stress: There's more to this than the "bubble-bath by candlelight" so often recommended (and never mind the triggers in bath products and scented candles!) Comments on time-management skills, progressive muscle relaxation, biofeedback and cognitive therapy. Yes, it really does work.
- Vitamin and Herbal Therapies: One highly rated book (funded by a drug company) dismisses years of research on electrolyte imbalances and magnesium (migraine / menstrual migraine as a deficiency disease and chemical imbalance that can be corrected for pennies a day) in favor of triptans (at \$20-\$50 per pill/injection). Why? Because "one study" showed that you must keep taking magnesium to have a lasting effect. Surely zillions more that show that!-- because magnesium is a critical macronutrient. Yes you must keep taking magnesium just as you must keep taking other vitamins and minerals . . . and water and air and more to live. Dr. Marcus provides a nice summary of magnesium research with dosing recommendations.
- Communicate Effectively: Take a list of specific questions, get specific answers. Don't just lie in the dark and suffer. Almost every chapter has one or more charts/surveys to identify and evaluate the problem. There is much critical data that only YOU, the patient can provide; here's how to help guide treatment by teaming effectively with your doctor. There is a lot of migraine research that never gets out to the public. You'll find it in

\$60-\$160+ medical textbooks on migraine and chronic pain. Dr. Marcus has authored some of those, with particular emphasis on women's issues. This is a deeply condensed presentation of that information, affordable, succinct and extremely useful. Start here.

When my teenage daughter started experiencing bouts of dizziness and headaches, I took her to a hearing and balance doctor since I presumed her symptoms pointed in that direction. After thorough testing, however, it was concluded that the likely cause of her issues was migraine. That's when I started researching the topic and found Dr. Marcus' book. I'd highly recommend it for anyone who wants a good overview of the issues related to migraine, as well the ways to distinguish it from other forms of headache, and some straight-forward approaches to avoiding these headaches to begin with. I really like how the author included a good bit of background information (research stats, medical terms, etc) but still made it easy for the non-physician to understand.

This book would be the first book to read if you can only afford to buy one book. Whether you are first learning about migraines, trying to decide you have them, or have had them for a long time, and are needing to make sense of all the information you have received. I found this condensed my last 5 years of personal research into my migraines, into a well written, easy to understand, synopsis. It helps you understand what the doctors are trying to say to you. It gives you a way to communicate with the doctors so they understand what you are trying to say to them. It gives you tools you can use to accurately inform your doctor what is going on, and what you have tried. She gives you reliable sources of online and written information. There are many good books on migraines but this would be my suggestion for a first read, or an up to 2009 update of where current migraine thinking/research is. ( My background being disabled, & in bed, for the last 2 1/2 years from unrelenting migraines. Now in the reclaiming my life- phase.) Best wishes to all who need this book, caregivers or those with migraines.

I like the size of the book and the reading points that are in the book. it made for good reading and seems to have good suggestions

This is a nice book if you're looking for a clear, concise migraine guide. I picked it up with a handful of longer books; this one was by far the most useful, despite its short length. The book is well organized with large font as if it was printed with eye strain in mind. As someone who has dealt with migraines for more than a decade, I even learned a few new things. The book

discusses other types of headaches as well, and I learned to differentiate migraines from cluster headaches and tension-type headaches. The book inspired me to try vitamin B2 again (which has helped a bit) and to get back to a daily stretching routine. It even has a section on communicating with others about your migraines...like your doctor, and your confused family. Again, the book is short and simple, so it may seem like old news to chronic sufferers. As a hardened migraine veteran, this short little book may be the most useful addition to my headache library.

I have had a constant migraine for almost 5 years now, and I found this book to be very helpful. It helps you find and teaches you about your diagnosis. In addition, it teaches you how to identify migraine triggers and how to avoid them, and how to better take care of yourself. It also teaches you how to better communicate with your doctor. Even though I knew many of the facts in the book, I found it helpful in putting all of the information in one place, breaking down the information, and expanding on what I already knew.

This book is the best I have read on the subject of migraines, and I have read many. It is very thorough and the information on nonmedication therapies is extremely helpful. I have had migraines for many years and am finally able to take control of them with the help of this book. Thanks for such a great resource!

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