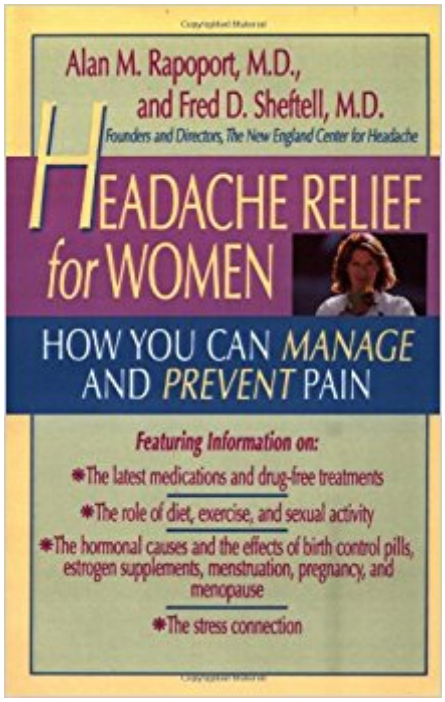
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Headache Relief For Women: How You Can Manage And Prevent Pain



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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 3 customer reviews

Best Sellers Rank: #2,714,842 in Books (See Top 100 in Books) #55 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1614 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2112 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Millions of women suffer from headaches and Alan M Rapoport and Fred D. Sheftell, founders of the New England Center for Headaches, sympathize. In their new book, Headache Relief for Women: How You Can Manage and Prevent Pain, the authors explain what is known about headaches, describe the major types and their symptoms and discuss the various physical and emotional factors that may trigger them. The connection between headaches and menstruation, pregnancy, the taking of oral contraception and menopause is covered in great detail as are the subjects of natural versus drug therapies.

The authors, founders of the New England Center for Headache who previously collaborated on Headache Relief, urge women to become active partners in the management of their own headache treatment. Neurologist Rapoport and Sheftell, a psychiatrist, do not trivialize the suffering of millions of women and, underscoring the importance of a good working relationship between patient and physician, suggest means for achieving this?including changing doctors, if necessary. Explaining what is known (and still unknown) about the mechanism of headaches, they describe the major

types, especially migraines; their symptoms; and the various physical and emotional factors that may trigger headaches. The connection between headaches and the menstrual cycle, pregnancy, oral contraceptives and menopause is discussed in considerable detail. They note the highly individualized responses of sufferers to different treatments and, while emphasizing nondrug therapies, such as diet and stress reduction, pack the chapter on medications with useful information about over-the-counter and prescription drugs. Copyright 1995 Reed Business Information, Inc.

This book saved me from migraine headaches that re-haunted me in my early 30's. Since reading it, I have only suffered only two migraines since then; I am now 54. I saw the author on television and bought the original print. I now find it and give it to friends who complain of headaches and migraines. I also have it available for loan at our chiropractic office.

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.

After checking this book out of the libary 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.

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