



# The Woman's Migraine Toolkit

MANAGING YOUR HEADACHES  
FROM PUBERTY TO MENOPAUSE

Dawn A. Marcus MD  
and Philip A. Bain, MD

- *Why women have more migraines: hormones, hormones, and more hormones*
- *Migraine management at all stages of life: what really works!*
- *Learn about:*
  - *migraines during childhood and adolescence*
  - *controlling menstrual migraine*
  - *safer treatment of migraines with pregnancy and nursing*
  - *managing migraines during menopause*
- *Includes medications, non-drug treatment options, and nutritional products and supplements*

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# **The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause**

Dawn A. Marcus

Migraines are a common, controllable kind of headache that is affecting one in each six women, greater than 20 million within the USA alone. The Woman's Migraine Toolkit is helping readers take control in their migraines via studying what factors trigger them and powerful remedies for each level in a woman's life. Worthy tools, quizzes, and diaries for comparing complications and picking the simplest therapy are supplied during the book, and downloadable models can be found at the publisher's and authors' websites. Useful directions are supplied for powerful non-drug and The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause medicine therapies, in addition to suggestion approximately The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause how ordinary treatments and dietary supplementations might help at each one degree of life. The authors supply a comprehensive, holistic method of headache administration that addresses diet, sleep patterns, workout habits, mood, and social concerns.

This can be a very important source booklet for girls that suffer from migraines. It is chocked with quizzes, diary worksheets, and different info to aid ladies deal extra successfully with serious headaches. After assessment chapters that specify the mechanisms of migraine, and the fundamentals of remedy and prevention, the authors cross directly to describe particular points of migraine throughout a woman's lifetime: Migraine in being The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause pregnant and nursing; in teens; in perimenopause and menopause; and menstrual migraine. A last bankruptcy is going into tips on how The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause to converse basically together with your doctor; this bankruptcy might be made much less headache-specific and bought as a separate booklet! In case you have any type of persistent illness, it truly is most likely worthy testing this e-book for that details alone. There's a reliable stability right here among prevention and treatment. The authors frankly spend extra time than I discovered beneficial going into nice element approximately a variety of pharmaceuticals for treating migraine. However, they do additionally talk about non-prescription remedies together with supplements, rest techniques, and stretching exercises. So the publication doesn't develop into simply an infomercial for triptans. The e-book has a well-made index; it additionally makes strong use of white space, illustrations, and shaded parts to show meaning. Via looking out the publisher's net site, you will discover a downloadable reproduction of the headache diary. The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause The obtain I would wish to have is real movies of the stretching exercises; there are plentiful black-and-white pictures of the stretches, yet I'd be extra convinced I used to be doing the routines appropriately if I'll watch a video.

## **The Woman's Migraine Toolkit Managing Your Headaches From Puberty To Menopause**

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