



Coping with Headaches and Migraine (Paperback)

By Alison Frith

SPCK Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Headache and migraine affect more than 10 million people in the UK, two thirds of whom are women. They are one of the most common problems seen in doctors surgeries and emergency departments, and are a leading cause of absenteeism at work and school, affecting a staggering 90,000 people each working day. Migraine attacks may include a range of manifestations such as nausea, vomiting and hallucinations, and may be so uncomfortable as to bring life to a halt. Headaches are usually less severe and more localised. There are a number of causes and triggers including lifestyle, diet, stress, and hormonal fluctuations. In the past, migraine was something you just had to put up with and today many people do just still struggle on as best they can, or cope by drawing the curtains and going to bed. Nowadays, however, much can be done to manage and prevent migraine and other headaches, and this book explores these options.



READ ONLINE
[1.82 MB]

Reviews

Without doubt, this is the best operate by any publisher. I was able to comprehend everything out of this written e publication. Its been developed in a remarkably easy way which is only following i finished reading through this ebook by which basically altered me, modify the way i believe.

-- **Dr. Ofelia Grant Sr.**

Without doubt, this is the very best operate by any publisher. Indeed, it can be enjoy, nevertheless an amazing and interesting literature. You may like how the writer compose this pdf.

-- **Toni Bechtelar**