



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

*Dawn Marcus*

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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**



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