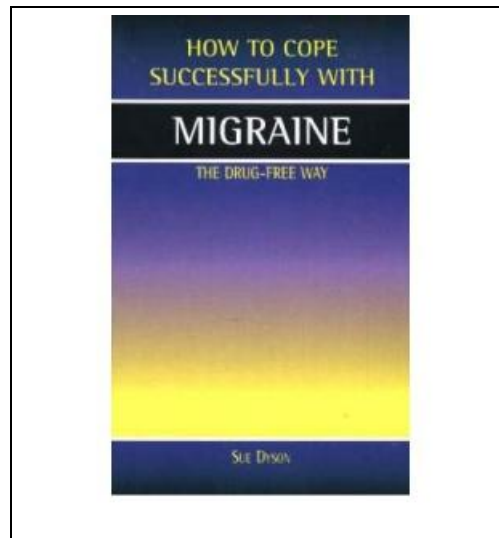


Migraine: The Drug-Free Way



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Reviews

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MIGRAINE: THE DRUG-FREE WAY



Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Migraine: The Drug-Free Way, Sue Dyson, Imagine someone is trying to drill a hole in your head, right through one of your eyes. Imagine your stomach is heaving, your sight disturbed by weird effects of light and shade. Imagine there are pins and needles in your fingers and toes, and your brain is so confused that you can't get out the words you want to say. Imagine you have migraine! That is an extreme description of what it is like to have a migraine attack, but a sufferer will recognise some of the symptoms. Even the "lucky" ones who only suffer from sickness and a throbbing, one-sided headache, that can be enough to incapacitate them for days on end. This book is aimed at anyone who feels that conventional medicine isn't the whole answer, it can of course be used in conjunction with conventional medical treatment. This book looks at the dietary component that bedevils many migraine sufferers' lives. It's not just a question of cheese, red wine and chocolate -- there can be a much more complex pattern of food intolerances and sensitivities, if these can be identified real improvement can be achieved without large doses of prescription drugs.



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