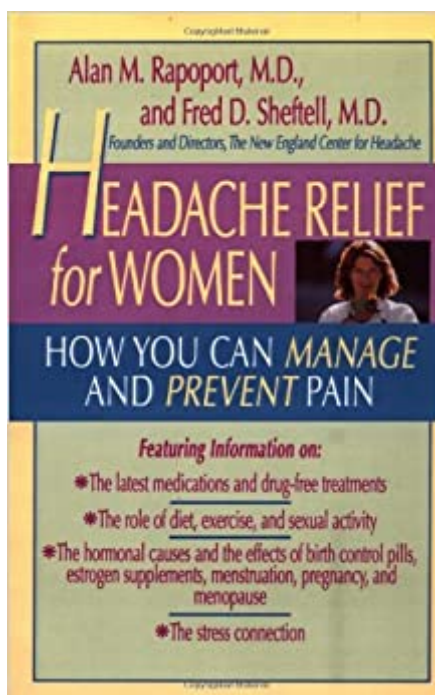


The book was found

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



## 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

Publisher: Little, Brown and Company; English Language edition (January 1, 1996)

Language: English

ISBN-10: 0316733911

ISBN-13: 978-0316733915

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

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 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1614 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2112 in 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 library 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.

[Download to continue reading...](#)

Headache Relief for Women: How You Can Manage and Prevent Pain Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Handbook For Headache Relief: Headache...BE GONE! Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Hormone Headache: New Ways to Prevent, Manage, and Treat Migraines and Other Headaches Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy Prevent Wind Diseases: DIY Cure Stiff-Neck Pain, Migraine Headache, Edema, and Brain Tumor Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Foot Pain: Ingrown Toenail: How To Become Stress

Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Management of Headache and Headache Medications The Pain System: The Neural Basis of Nociceptive Transmission in the Mammalian Nervous System (Pain and Headache, Vol. 8) Insulin Resistance Diet Plan For Type 2 Diabetics: Your Essential Guide To Diabetes Prevention and Delicious Recipes You Can Enjoy! (Manage PCOS, Prevent Prediabetes, Maintain Low Blood Glucose) The Sexy Women and Pinup Girls Coloring Book For Adults: Adult Coloring with Erotic Illustrated Drawings of Beautiful Women (Art Therapy for ... Relief, Relief from Anxiety and Depression) PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) The Headache Prevention Cookbook: Eating Right to Prevent Migraines and Other Headaches Outwitting Headaches: The Eight-Part Program for Total and Lasting Headache Relief Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)