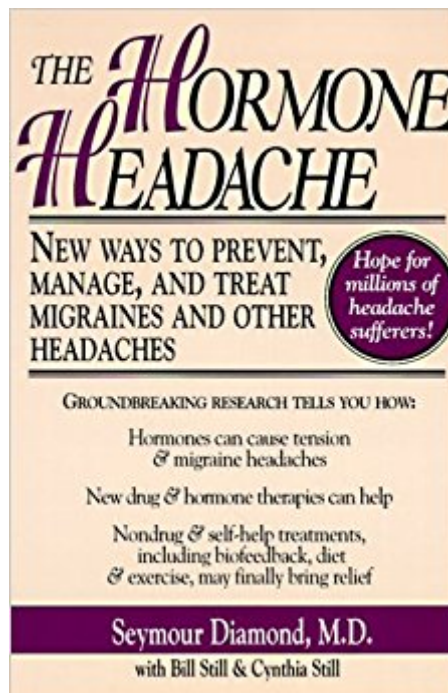




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# The Hormone Headache: New Ways To Prevent, Manage, And Treat Migraines And Other Headaches



## Synopsis

Each year, 45 million Americans suffer migraine headaches painful enough to keep them home from work. This book is the first to deal with these headaches by looking at their underlying causes: the complex system of menstrual and other hormones that regulate the body. The authors cover the latest drug and non-drug therapies. Illustrations.

## Book Information

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Average Customer Review: 3.9 out of 5 stars 5 customer reviews

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## Customer Reviews

At least 75% of chronic headache sufferers are women, says Diamond, executive director of the National Headache Foundation, in the introduction to this excellent guide to controlling hormone-linked headache pain. Aided by the Stills, who are medical writers, he examines recent research demonstrating the link between hormones and headaches, noting that there is much about the biochemical relationship that remains unclear. Explaining how hormones are produced and the roles they play in the transmission of pain, Diamond describes headaches by type: tension, vascular (migraine and cluster) and organically caused, e.g., by tumors. Following chapters discuss treatments for different types of headaches, including medications, dietary changes (chocolate is a big culprit), relaxation and biofeedback. According to Diamond, these strategies, either alone or in combination, can eliminate or reduce more than 90% of headaches. Illustrations. Copyright 1995 Reed Business Information, Inc.

There is truth to the old saying "you can learn something new everyday". This book was packed full of information that even I, a migraine sufferer of over 25 years didn't know.

This book was definitely written for a lay person and did not really discuss any scientific data. Plus, it is very outdated! I should have checked the year it was published!

A helpful book that I read in just a few days. I learned some new information about medications and the influence of hormones on the brain. I just wish this book would come out with a newer revised addition for 2016 instead a book from 1995 since medical science is constantly learning new things about the brain and it's chemistry. That is why I gave it 4 stars instead of 5. However, I still find a lot of the information relative to today and important.

I strongly urge you to purchase this book if you are tired of battling and suffering with headaches. After struggling in a rural area for over a decade trying to find someone or something to help me with my incapacitating "menstrual cycle migraines" (2x per month), this book did it! Thank you Dr. Diamond and the Stills! I have a new lease on life. I estimated that over the past decade I have literally lost over a year of my life to pain and suffering with headaches. My husband and I are ecstatic that this book helped me, help my physician find a drug that aborts my migraines and I am 3 for 3. It validated my awful experiences and helped me realize how much the migraines were consuming my life and my attitude. It is excellently written and an easy read. It addresses many different types of headaches affecting many different types of people, male, female, young and old. Plus, it explains the many different treatment options available. Buy this book for yourself or someone you love; it's a cheap way to get more out of life.

If you can only afford one book on headache causes, treatment and prevention--this is the book to purchase. If you suffer from more than one type of headache, can't seem to get real relief, and are in despair from the headache pain you suffer, this book is a MUST BUY for YOU! You will reread this book often. This is the best collection of information on headache causes, prevention and treatment methods that I have ever read. This book deals, in depth, with hormonal (especially female) causes of headaches. This book helps the headache sufferer to feel self-empowered to help in prevention and reduction of pain in conjunction with treatment offered by their physician.

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