

Headache Free: A Personalized Program to Stop Migraine, Cluster, Sinus, Tension, Menstrual, and Rebound Headaches

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Abstrak

You Don't Have to Suffer From Headache Pain Headache is one of the most painful and disabling of common medical disorders. It is also one of the most treatable. Major advances in headache management offer new hope and help for chronic headache sufferers. Written by a leading headache specialist and a psychologist specializing in pain management, this comprehensive guide provides you with the latest, most up-to-date information on living headache free.-- How to pinpoint the type of headache you get, what triggers attacks, and how to end the pain-- How to eliminate hidden headache inducers at home and in the workplace-- How to identify common food allergies that can cause headaches-- How diet and exercise can help prevent recurrent headaches-- Five easy desk-side exercises to prevent tension headaches at the office-- The latest medical breakthroughs and biofeedback techniques-- A complete guide to headache medications and alternative treatments-- how to treat headache in children, when to seek medical help, and much more!