



The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health

By Carolyn Bernstein, Elaine McArdle

Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health, Carolyn Bernstein, Elaine McArdle, You know that your migraine isn't just a headache. But you may not know that migraine actually is a neurological disease. Affecting one in five women, one in twenty men, and one in twenty children, it's a debilitating, complex, and chronic condition that manifests in a combination of symptoms that can include excruciating head pain as well as other distinctive physical and emotional effects. Yet it's also a disease that you can get control of, improve, and manage, as Dr. Carolyn Bernstein has discovered in her seventeen years as a Harvard Medical School faculty member and practicing neurologist. Praised for her excellence and compassion, the founder of the Women's Headache Center near Boston, and a migraine sufferer herself, Dr. Bernstein has helped hundreds of her patients get better. Now, with "The Migraine Brain," the most comprehensive, up-to-the-minute book on migraines ever written, you will be able to do the same -- reduce the frequency and intensity of your migraines, learn how to prevent and curtail them and how to recover from them more quickly,...

DOWNLOAD



READ ONLINE

[7.56 MB]

Reviews

This created pdf is excellent. We have read through and i also am sure that i am going to going to study yet again yet again in the future. You will not truly feel monotony at at any time of your time (that's what catalogues are for concerning should you check with me).

-- **Myriam Bode**

It is really an amazing pdf which i have possibly go through. Indeed, it really is play, nevertheless an amazing and interesting literature. I am just very happy to let you know that this is the best ebook i have got study in my very own life and might be he very best ebook for actually.

-- **Evan Sporer**