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

By Carolyn Bernstein

SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Reprint. 214 x 138 mm. Language: English . Brand New Book. Now in paperback, this groundbreaking book by renowned Harvard neurologist Bernstein launched on the Today show to great acclaim and sales. It's the only book to present the newest science on migraine headaches as well as offer a comprehensive program to treat them and will change the lives of migraine sufferers forever. Thirty million Americans get migraines, often with excruciating headache pain. Dr. Carolyn Bernstein, a migraine sufferer herself, explains that certain unique chemical and structural differences in the migraine brain and central nervous system cause the many symptoms associated with migraines. Even though migraines cannot be completely cured, readers can decrease the number of migraines they experience and lessen their intensity with the personalized wellness program that Dr. Bernstein provides. Readers learn their own patterns and triggers and how to prevent, abort, and stop migraines. Packed with the latest clinical and pharmacological research, as well as lively anecdotes, celebrity interviews, and quizzes and questionnaires, The Migraine Brain has been hailed as the ultimate migraine resource by Nieca Goldberg, M.D.



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