



Migraine: The Drug-Free Way

By Sue Dyson

Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Migraine: The Drug-Free Way, Sue Dyson, Imagine someone is trying to drill a hole in your head, right through one of your eyes. Imagine your stomach is heaving, your sight disturbed by weird effects of light and shade. Imagine there are pins and needles in your fingers and toes, and your brain is so confused that you can't get out the words you want to say. Imagine you have migraine! That is an extreme description of what it is like to have a migraine attack, but a sufferer will recognise some of the symptoms. Even the "lucky" ones who only suffer from sickness and a throbbing, one-sided headache, that can be enough to incapacitate them for days on end. This book is aimed at anyone who feels that conventional medicine isn't the whole answer, it can of course be used in conjunction with conventional medical treatment. This book looks at the dietary component that bedevils many migraine sufferers' lives. It's not just a question of cheese, red wine and chocolate -- there can be a much more complex pattern of food intolerances and sensitivities, if these can be identified real improvement...



READ ONLINE
[8.94 MB]

Reviews

The book is great and fantastic. I could comprehend almost everything using this published e publication. I am just very happy to explain how here is the very best ebook i have study inside my very own existence and could be the greatest book for ever.

-- **Mekhi Marvin DVM**

A top quality ebook as well as the typeface used was interesting to see. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Isabell Wiza DDS**