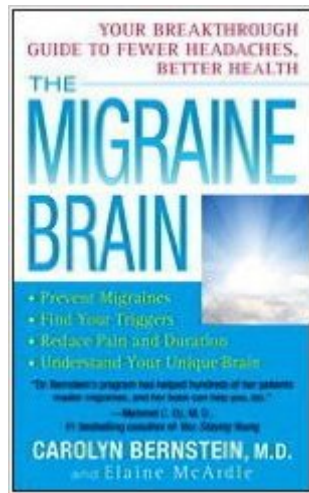


The book was found

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



Synopsis

A comprehensive book that explains how to cope with migraines by an esteemed neurologist. 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, and mitigate migraine's effects on every aspect of your life: in the workplace and at home and during sex and travel. Every migraine is different because everyone who gets a migraine has a distinctive "Migraine Brain" with its own sensitivities and triggers. That's why it's so important for you to develop a personalized wellness plan to radically reduce the number and severity of your migraines. Dr. Bernstein also explains why migraines happen, why they are so often misdiagnosed, and why so few people get the right treatment for them. She reveals the latest research that shows that Migraine Brains share a hypersensitivity to stimuli—the Migraine Brain can actually look different from others on a brain scan—and is more likely to experience a cascade of neurological reactions that give rise to the common clusters of migraine symptoms. This breakthrough medical knowledge makes treatment and recovery possible with new migraine-specific drugs as well as with complementary treatments such as yoga, biofeedback, and an exercise regimen. With the extraordinarily thorough recommendations of *The Migraine Brain* in your hands, you will be fully equipped with all the latest information you need to understand migraines and to help your family and co-workers understand that migraine isn't just a headache: it's a serious, yet treatable disease.

Book Information

Mass Market Paperback: 576 pages

Publisher: Pocket Books; Reprint edition (November 24, 2009)

Language: English

ISBN-10: 1439150354

ISBN-13: 978-1439150351

Product Dimensions: 4.2 x 1.2 x 6.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (154 customer reviews)

Best Sellers Rank: #21,166 in Books (See Top 100 in Books) #2 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #41 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #2909 in Â Books > Self-Help

Customer Reviews

From: [...]Book Review: The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health (Free Press, 2008)By Carolyn Bernstein, M.D. and Elaine McArdleWith the publishing of The Migraine Brain, a precedent has been set for better prevention and treatment of migraine patients. Written by Carolyn Bernstein, herself a migraine sufferer, but also the Founder and Director of the Women's Headache Center at Cambridge Health Alliance, Dr. Bernstein empathizes with those who are struck down by the mind-numbing pain of migraines. Dr. Bernstein refers to those with the headaches as migraineurs, and as a neurologist on the faculty at Harvard Medical School, she has treated thousands of fellow sufferers. The Migraine Brain seeks to express to readers how to: *

- Prevent migraines
- * Find their triggers
- * Reduce pain and duration of the migraine
- * Understand her/his own brain

Bernstein's Points to ponder: *

- * One in every four households in the United States includes a person who get migraines. It is the ninth leading cause of disability among women, and is also one of the most painful conditions. Some women quoted in the book said that natural childbirth was easier than a migraine.
- * Migraine costs the United States \$1 billion a year in health costs and about \$13 billion in loss of industry.
- * Most migraine sufferers do not realize they have the condition as it is often misdiagnosed or underreported.
- * Within the last 15 years, new medications have revolutionized migraine treatment.
- * Alternative medical treatment, like yoga, ice massage, acupuncture, and biofeedback has been found to help.
- * Even the famous get migraines. Recognize any of these?

I have been dealing with all the issues of migraines for over 10 years now and was hoping for some more information via this book to learn from. I have worked with my primary doctor(s) over the years trying various prescriptions, have dealt with the emotional/psychological effects of stress/life events in individual therapy for many years, have tried a handful of natural supplements, have gone to chiropractors, done acupuncture, tried special diets, etc...all this to realize what? That migraines have

a life of their own to a large degree, that the research on it's effects change over time, that each migraine sufferer is unique and that the best you can hope for is to find any variables that can even slightly control these type of "headaches". I have found that something that seems to help one day can totally backfire and actually trigger a migraine the next! It still seems like a mystery to a huge degree and without rhyme or reason lots of the time...I'm from a long line of migraneurs from my mom, my sister, my aunt, my grandma, etc all on the same side of the family so feel like there is only so much you can do about biology predisposition. Treating it solely on a chemical basis with many different prescriptions over the years have led to less than ideal results for me anyway. Terrible side effects usually take their toll so in the end all I have for immediate treatment relief is Imitrex which again has it's own host of side effects as well. I think this book is a good place to start to learn more about the fundamentals of migraines and for people who have only pursued conventional medicine so could benefit from some exposure to other treatment ideas. I'm already naturally bent to search out alternative options so some of the topics discussed by this author were nothing new to me...

[Download to continue reading...](#)

The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health Understanding Migraine and Other Headaches (Understanding Health and Sicknes Series) Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Migraine: The Nutritional Approach to Managing Migraine (Diets to Help) Migraine and Other Headaches (American Academy of Neurology Press Quality of Life Guide Series) Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches Migraine and Other Headaches Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Stop Headaches Now: Take the Bite Out of Headaches Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Brain Inflammation in Chronic Pain, Migraine and

Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain
(Inflammation Mastery & Functional Inflammalogy) Change Your Brain, Change Your Life: The
Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and
Impulsiveness Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair The
Memory Workbook: Breakthrough Techniques to Exercise Your Brain and Improve Your Memory
The Low-Carb Diabetes Solution Cookbook: Prevent and Heal Type 2 Diabetes with 200 Ultra
Low-Carb Recipes - All Recipes 5 Total Carbs or Fewer!

[Dmca](#)