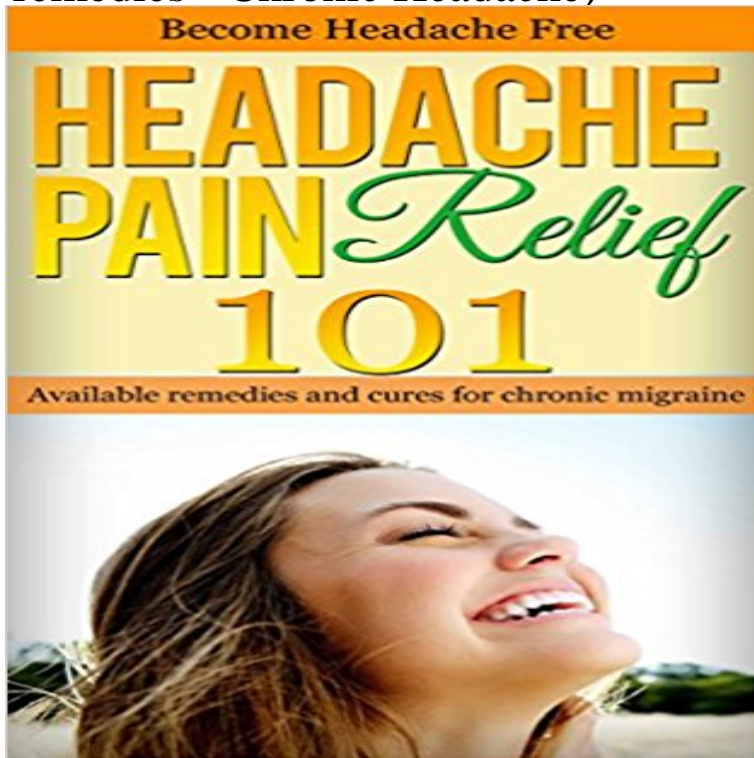


## Headache: Pain Relief 101 - Remedies and Cures for Chronic Migraine - Get rid of Headache (Headache Cure - Migraine Cure - Headache remedies - Chronic Headache)



Persistent Migraine? Never-ending headache? You are not alone and this guide was made for you! Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book will help you better understand Headache and chronic migraine and see how you can deal with it. It has been written as a general overview outlining the main things you need to know about this subject. Its a short read and a great start for people who know little about the subject. Headaches are very common; in fact, almost everyone will have a headache at some point. Headaches have been written about since the time of the Babylonians. Migraine headaches are even discussed in the Bible. Some very famous historical figures (for example, Napoleon Bonaparte) suffered from severe headaches. Although headaches might rarely be due to infections or diseases, most are probably the result of an inborn protective mechanism responding to an external environmental stress. Headaches can be divided into 2 broad categories: primary headaches and secondary headaches. Common triggers of migraine headaches include heat, stress, and lack of sleep or food. Not every headache sufferer is sensitive to these triggers, but virtually all persons with migraine headaches (called migraineurs) have some environmental trigger. A majority of migraineurs have a first-degree relative (parent, brother, sister, or child) with a history of migraine. People with an inherited tendency for headaches may respond more easily than others to these external stress factors. Some experts have therefore thought that headache is an adaptive and developed response. Most primary headaches slowly develop over minutes to hours. This book is here to introduce you to this painful but usually easy to solve problem! What you're about to learn... Chapter 1 -

Overview on Headaches Chapter 2 - Types of Headaches and their Causes and Symptoms Chapter 3 - Home Remedies for Chronic Migraines Chapter 4 - Preventive Treatments for Chronic Migraines Chapter 5 - Identifying Food Triggers of Chronic Migraines Chapter 6 - Stress Management for Chronic Migraines Much, much more!

Read what other people have to say  
Great book - concise, clear, highly informative. . Ive been searching for many years (doctors, books, medications, etc.) for something to make a dent in my migraines, and I think Ive finally found what I was looking for. And not something youll hear about anywhere else that I know of. Its really helped to me better understand headache and chronic migraine Highly recommended! - Guy Bass - Headache pain cross the limit of toleration and I accepted many drugs but nothing can treat as suitable solution. My friend refereed me this book and I starting to read and following some tips. These all are effective to remedy headache pain. Now I am free from this pain. Thanks writer! - Jane Auston - Download your copy today! Scroll up and click the orange button Buy Now on the top right of this page to access this book in under a minute Take action today and download this book for a limited time discount of only \$2.99! Learn more today about Headache today and start fighting back! Tags: chronic migraines; migraine cure; migraine diet; migraine brain; migraine; migraine headaches; migraine miracle; migraine triggers; migraine diet books; headaches and migraines; headache cure; get rid of headache; headache pain relief; headache diet; headache remedies; tension headaches; cluster headaches; secondary headaches; migraine aura; headache tips; headache 101; headache for beginners; headache for dummies; headache advice; headache medical; headache books; headache intro; headache information; chronic headache; headache relief; migraine relief; migraine 101

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