



# The Migraine Handbook: The Definitive Guide to the Causes, Symptoms and Treatments

*Jenny Lewis*

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At least one in ten people suffer from migraine. It is not simply a problem affecting women but also young children and a good third of sufferers are men. The Migraine Handbook looks at the mystery and social stigma of migraine from all perspectives, details its symptoms and addresses the questions of whether it is hereditary, how it relates to hormone levels, age and factors such as noise, light, certain types of dairy foods, caffeine-rich foods and food additives, overwork and excessive exercise, all of which are common triggers. The book is full of grapevine advice from scores of sufferers and details of what to avoid and how to cope with attacks. It also provides an in-depth look at treatments such as acupuncture, yoga and homeopathy. Now fully updated to include the latest drugs available to migraine sufferers, this new edition of The Migraine Handbook points the way forward for doctors and sufferers alike and helps them to come to terms with, and conquer, migraine.

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