



Migraine Treatments and Remedies (Skinny Book)

Sarah E. Maggiore RN, Dr. Jack Maggiore

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The dull pain starts behind your eye, like it always does when you are stressed and overtired. You know that a migraine is developing, and start to wonder how you will manage this one. Grandma always told you to turn off the lights and apply hot compresses to your forehead. Your co-worker swears by her megadoses of Vitamin B Complex. You love the convenience of over-the-counter combination analgesics with caffeine. You have heard of prescription nasal sprays, pain killers classified as controlled substances, and even something about injectable bacterial toxins. There are as many choices for treating migraines as there are triggers for these debilitating headaches. What worked one time for you does not work every time. Some medications take the edge off the pain, but cause other problems with nausea or tiredness. Some medications have lingering side effects or could be causing more serious problems later in life. What If It's...™ Migraine Treatments and Remedies provides an in depth review of the available treatments, from home remedies to prescription drugs to sprays and injections.

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