



# The No BS Guide to Reducing Migraine & Headache Symptoms Naturally

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## **The No BS Guide to Reducing Migraine & Headache Symptoms Naturally** Lifehacker Books

If you have ever woke up in the morning with a terrible migraine feeling as if your head might burst, but wanted to avoid taking medications that only address the symptoms and not the root cause then you have come to the right place.

There is a growing body of evidence supporting the efficacy of various complementary and alternative medicine approaches in the management of headache disorders and address the root causes. These treatment modalities include nutraceutical, physical and behavioral therapies. Nutraceutical options comprise vitamins and supplements (magnesium, riboflavin, coenzyme Q10, and alpha lipoic acid) and herbal preparations (feverfew, and butterbur).

Although controversial, there are some reports demonstrating the benefit of recreational drugs such as marijuana, lysergic acid diethylamide (LSD) and psilocybin in headache treatment. Behavioral treatments generally refer to cognitive behavioral therapy and biobehavioral training (biofeedback, relaxation training). Physical treatments in headache management are not as well defined but usually include acupuncture, oxygen therapy, transcutaneous electrical nerve stimulation, occlusal adjustment, cervical manipulation, physical therapy, massage, chiropractic therapy, and osteopathic manipulation.

The purpose of this book is to present the broad spectrum of natural methods for headache treatment available including the evidence for the effectiveness of each treatment so you can make informed decisions of what may be best for you.



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