



Migraines for the Informed Woman

Mamta Singh

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There is nothing that a migraineur fears more than a migraine attack. It is excruciatingly painful and comes with a flurry of stressful symptoms like nausea, vomiting, dizziness, and light and sound sensitivity. If you dread your episodes, this may be the book you need. Migraines for the Informed Woman- Tips From a Sufferer de-mystifies not just the why, what, when and how of migraine in an easy and simple way, but also gives you a positive perspective on what can be done to keep them managed and at minimum levels.

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