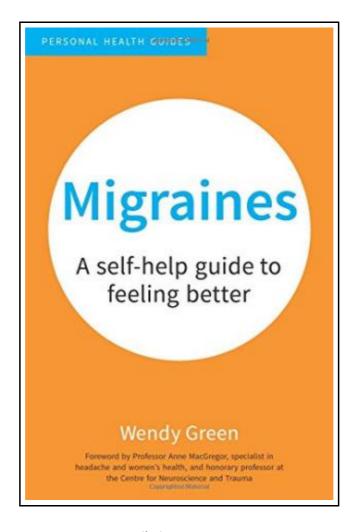
Migraines: A Self-Help Guide to Feeling Better (Paperback)



Filesize: 8.99 MB

Reviews

This book is really gripping and fascinating. I really could comprehended almost everything using this published e book. I am just very easily can get a delight of reading a published publication. (Kailey Pacocha)

MIGRAINES: A SELF-HELP GUIDE TO FEELING BETTER (PAPERBACK)



Summersdale Publishers, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Do you suffer from severe headaches, sometimes with nausea and visual impairment? Can these headaches last for up to a day or longer at a time? If so, you could be experiencing migraines. In this easy-to-follow book, Wendy Green explains how dietary, psychological and environmental factors can cause migraines, and offers practical advice and a holistic approach to help you manage them. Find out 50 things you can do today to help you cope with migraines, including: * Identify your migraine triggers and learn how to manage them, Choose beneficial foods and supplements, Learn how to adapt your home and work environments, Discover how to treat children and teenagers with the condition and Find helpful organisations and products.

- Read Migraines: A Self-Help Guide to Feeling Better (Paperback) Online
- Download PDF Migraines: A Self-Help Guide to Feeling Better (Paperback)

Related eBooks



The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn...

Download Book »



THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about...

Download Book »



The Fire Children (Paperback)

Rebellion, United Kingdom, 2015. Paperback. Book Condition: New. Not for Online. 198 \times 130 mm. Language: English . Brand New Book. Fifteen years have passed since Mother Sun last sent her children to walk the...

Download Book »



Buy One Get One Free (Paperback)

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book. There was a slave story told that only a few knew about. A story about a young...

Download Book »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Download Book »