



The Woman's Migraine Toolkit: Managing Your Headaches from Puberty to Menopause (A DiaMedica Guide to Optimum Wellness)

Dawn A. Marcus M.D., Philip Bain

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Migraine is a common, controllable, type of headache that affects one in every six women, more than 20 million in the U.S. alone. "The Woman's Migraine Toolkit" provides practical management guidelines for headaches in girls and women, emphasizing the relationship to the hormonal changes that accompany puberty, the menstrual cycle, and menopause.

It will help readers take charge of their migraines by learning what causes them and effective treatments for every stage in a woman's life. Useful tools, quizzes, and diaries for evaluating headaches and determining the best treatment are provided through the book, and downloadable versions are available on the publisher's and authors' websites. Practical instructions are provided for effective non-drug and medication therapies, as well as advice about how natural remedies and nutritional supplements that can help at each stage of life.

Drs. Dawn Marcus and Philip Bain understand that migraine sufferers need more than just a medication prescription – they need a comprehensive, holistic approach to headache management that addresses diet, sleep patterns, exercise habits, mood, and social concerns.

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