



Migraine: Your Natural Way to complementary therapies, alternative techniques and conventional treatments

Eileen Inge Herzberg

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Migraine is more than just a bad headache. As sufferers know, it can be devastating and disabling with symptoms that can be frightening. Conventional medicine usually prescribes drugs but these can have side-effects. Natural medicine can help without side-effects. This Book shows how you can safely reduce and even eliminate the effects of migraine naturally. It explains: What migraine actually is How to help yourself Conventional treatments Safe and gentle alternatives What to expect from a natural therapist and where to find one you can trust

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