

The
Natural Health

GUIDE TO HEADACHE RELIEF

The Definitive Handbook of
Natural Remedies for Treating
Every Kind of Headache Pain

PAULA MAAS, D.O., M.D. (H),
DEBORAH MITCHELL,
and the Editors of *Natural Health Magazine*



Natural Health Guide To Headache Relief

Steven Bratman



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The Natural Health Guide to Headache Relief Paula Maas, Deborah Mitchell, 1997 Unsurpassed in scope and effectiveness this is a unique and comprehensive collection of natural headache remedies that will help sufferers discover how to identify the headache type and explore a wealth of soothing therapies that can be used alone or in combination with conventional medical care

Collins Alternative Health Guide Steven Bratman, 2007-04-24 The interest of the public in alternative healthcare is large and growing This book will bring a comprehensive database of information relating to alternative cures and therapies to a wide trade audience The Collins Alternative Health Guide will be broken into four sections complete with cross references that will link entries from one section to the next These sections are 1 Conditions In depth A to Z descriptions of various conditions including symptoms alternative treatments and herbs and supplements that are commonly used with the condition 2 Herbs and Supplements An item by item description of commonly used herbs and supplements 3 Diet and Nutrition What you can do to maintain a healthy diet including discussions on organic diets and vitamins and minerals 4 Alternative Therapies A description of alternative therapies from reflexology to aromatherapy

The Encyclopedia of Work-related Illnesses, Injuries, and Health Issues Ada P. Kahn, 2004 Presents articles on health in the workplace including injuries physical and mental illnesses worker's compensation and social issues

The Encyclopedia of Stress and Stress-Related Diseases, Second Edition Ada P. Kahn, 2006 Presents information on stresses in the environment their causes effects and possible ways to minimize or eliminate them

The Encyclopedia of Phobias, Fears, and Anxieties, Third Edition Ronald Manual Doctor, Ada P. Kahn, Christine A. Adamec, 2010-05-12 Explains the meaning of terms and concepts related to specific phobias forms of therapy and medicines and identifies key researchers

An Alternative Medicine Definitive Guide to Headaches Robert D. Milne, Blake More, Burton Goldberg, 1997 Headaches can be eliminated naturally whether tension migraine sinus cluster or any of the 11 types covered in this book explains how alternative medicine techniques can help you become headache free

Holistic Mental Health- Revised Dave Disano, 2009-07 Holistic Mental Health Revised is a concise guide that compares traditional western medicine or allopathic medicine to alternative or holistic treatments for mental disorders A new section on Spiritual Healing attempts to begin to explain the unexplainable HMH R will add clarity to the often confusing and misleading information the media and physicians promote when discussing alternative therapies such as herbs nutritional interventions and supplements HMH R answers the questions of which treatment is more harmful and which is more beneficial traditional or alternative It gives specific recommendations using treatments other than prescription medications and backs the suggestions with current research HMH R is the most thorough guide to date comparing all the available treatment options for mental disorders and illness Anyone affected by or has a family member with Alzheimer's anxiety stress depression ADHD chronic headaches or migraines bipolar disorder or schizophrenia needs to read Holistic Mental Health Revised

NATURAL HEADACHE RELIEF

Adam B.,2023-12-13 Natural headache relief Headaches are a common discomfort experienced by many often stemming from a variety of factors ranging from stress and poor posture to dietary choices and environmental triggers While over the counter pain relievers are readily available embracing natural methods for headache relief offers a comprehensive approach that promotes overall well being This guide aims to empower you with insights into the different types of headaches their causes and effective natural remedies that can provide relief without relying on pharmaceuticals By understanding your body's signals and adopting gentle natural approaches you can discover a path to soothing headaches and enhancing your quality of life

Consumer Health Information Source Book Alan Rees,2000-01-27 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Cumulative Book Index** ,1998 A world list of books in the English language **The Publishers Weekly** ,1997 Holistic Health Healing & Astrosciences - Vol. II ,

The Natural Medicine First Aid Remedies Stephanie Marohn,2001-09-01 When faced with common health emergencies many of us automatically turn to over the counter medications But we have another option easy to use safe inexpensive and highly effective natural medicines Natural Medicine First Aid Remedies provides everything you need to know to treat a range of ailments and health concerns including burns muscle cramps hot flashes shock sore throat toothache 100 common health problems in all Next time you get a headache try rubbing peppermint essential oil on your temples before you reach for the aspirin Natural Medicine First Aid Remedies tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica for pain and stiffness echinacea for colds tea tree oil for skin infections aloe vera gel for burns activated charcoal for food poisoning and more It explains how homeopathy herbs diet essential oils flower essences nutritional supplements reflexology and gem therapy can provide healing benefits for various conditions Written by health journalist Stephanie Marohn Natural Medicine First Aid Remedies is based on medical research and draws upon protocols used by dozens of health care practitioners Informative and unique it is a reference that you will want to consult whenever faced with one of life's everyday medical emergencies injuries or discomforts *American Book Publishing Record* ,2006

Medical and Health Care Books and Serials in Print ,1997 **Handbook for Headache Relief** Bob Phillips,2005 ALL NATURAL DRUG FREE SOLUTIONS IN LESS THAN 60 SECONDS Migraine: Identify Your Triggers, Break Your Dependence on Medication, Take Back Your Life Sharron E. Murray,2013-06-01 Sharon Murray meticulously researched and explored various treatments before coming to the conclusion that what migraine sufferers really need is a wellness plan unique to their specific ailments Migraine helps you create just such a plan Page 4 of cover **Natural Health** ,1993

Pediatric Massage Therapy Marybetts Sinclair, 2004-03-01 This book provides a complete overview of the concepts and techniques that massage therapists physical or occupational therapists and other healthcare professionals need to know in order to perform manual therapy on children especially those with disabilities The author fully covers the applications of massage therapy for children ages 2 to 18 *Pediatric Massage Therapy Second Edition* is well written well researched and expertly illustrated to provide a clear demonstrative guide to pediatric massage Topics include massage in healthy emotional development managing psychological stress physical therapy and home healthcare Real life examples and anecdotes from hands on therapists help readers relate to specific applications **Guide to Headache Relief** Paula Maas, Deborah Mitchell, 1997

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