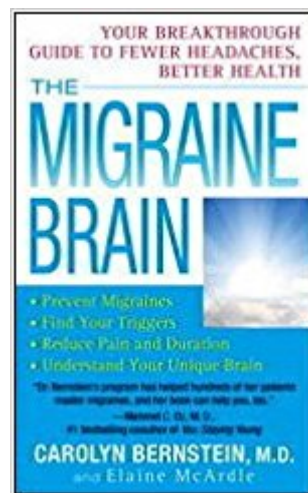




The book was found

# The Migraine Brain: Your Breakthrough Guide To Fewer Headaches, Better Health



## Synopsis

A comprehensive book that explains how to cope with migraines by an esteemed neurologist. You know that your migraine isn't just a headache. But you may not know that migraine actually is a neurological disease. Affecting one in five women, one in twenty men, and one in twenty children, it's a debilitating, complex, and chronic condition that manifests in a combination of symptoms that can include excruciating head pain as well as other distinctive physical and emotional effects. Yet it's also a disease that you can get control of, improve, and manage, as Dr. Carolyn Bernstein has discovered in her seventeen years as a Harvard Medical School faculty member and practicing neurologist. Praised for her excellence and compassion, the founder of the Women's Headache Center near Boston, and a migraine sufferer herself, Dr. Bernstein has helped hundreds of her patients get better. Now, with *The Migraine Brain*, the most comprehensive, up-to-the-minute book on migraines ever written, you will be able to do the same—•reduce the frequency and intensity of your migraines, learn how to prevent and curtail them and how to recover from them more quickly, and mitigate migraine's effects on every aspect of your life: in the workplace and at home and during sex and travel. Every migraine is different because everyone who gets a migraine has a distinctive “Migraine Brain” with its own sensitivities and triggers. That's why it's so important for you to develop a personalized wellness plan to radically reduce the number and severity of your migraines. Dr. Bernstein also explains why migraines happen, why they are so often misdiagnosed, and why so few people get the right treatment for them. She reveals the latest research that shows that Migraine Brains share a hypersensitivity to stimuli—the Migraine Brain can actually look different from others on a brain scan—and is more likely to experience a cascade of neurological reactions that give rise to the common clusters of migraine symptoms. This breakthrough medical knowledge makes treatment and recovery possible with new migraine-specific drugs as well as with complementary treatments such as yoga, biofeedback, and an exercise regimen. With the extraordinarily thorough recommendations of *The Migraine Brain* in your hands, you will be fully equipped with all the latest information you need to understand migraines and to help your family and co-workers understand that migraine isn't just a headache: it's a serious, yet treatable disease.

## Book Information

Mass Market Paperback: 576 pages

Publisher: Pocket Books; Reprint edition (November 24, 2009)

Language: English

ISBN-10: 1439150354

ISBN-13: 978-1439150351

Product Dimensions: 4.2 x 1.2 x 6.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 166 customer reviews

Best Sellers Rank: #78,425 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #96 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #7728 in [Books > Self-Help](#)

## Customer Reviews

Bernstein, a neurologist who suffered her first migraines in her 20s, teaches at Harvard Medical School and is on staff at the Cambridge Health Alliance, where she founded the Women's Headache Center. With journalist McArdle, she presents a clear and comprehensive analysis of the migraine brain. Noting that there are about 30 million migraine sufferers in the U.S., Bernstein reveals that migraine is a complex neurological disease that affects the central nervous system. A severe headache is just one of its symptoms: others may be nausea, vomiting, visual changes or sensitivity to light or sound: the authors help readers identify the triggers that can bring on an attack (such as stress, insufficient sleep, menstrual periods or a host of other factors). Bernstein then helps the migraineur develop a personalized plan to prevent, abort, or rescue. The authors include research on the new triptan meds, which can interrupt the neurochemical reaction of an attack and halt a migraine in its tracks, as well as info on preventive medications (i.e., beta-blockers and antidepressants) and such alternative methods as biofeedback and acupuncture. Bernstein approaches the reader as she might patients—creatively, scientifically and sympathetically—offering a range of tactics and treatments to help migraine sufferers control and mitigate their pain. (Sept.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Dr. Bernstein's program has helped hundreds of her patients master migraines, and her book can help you, too." -- Mehmet C. Oz, M.D., coauthor of *You : Staying Young* and *You : On a Diet*"The Migraine Brain is the most complete and up-to-date resource and is a must for all migraine sufferers and anyone who lives with them. It is thorough, easy to understand, and well organized. The ultimate migraine resource." -- Nieca Goldberg, M.D., author of *Dr. Nieca Goldberg's Complete Guide to Women's Health*"At last! The Migraine Brain offers real hope, help, and compassion to

migraine sufferers everywhere." -- Pauline W. Chen, M.D.,author of Final Exam : A Surgeon's Reflections on Mortality"As a family doctor, I welcome this wonderful book, which can help patients reduce the impact of migraine on their lives. The Migraine Brain explains the subject well and makes understandable a complex condition. It is comprehensive and filled with practical tips for feeling better." -- Erica Swegler, M.D., 2006 Texas Family Physician of the Year

I preferred The Migraine Epidemic way more too this book. This is very standard doctor speak with nothing new that you won't find out if you've been to a headache specialist. If you haven't you might get some suggestions, but its very medicine focused. The Epidemic book explains what migraine is scientifically and gives you an alternative plan to treat it by a scientist, was far more practical.

Will finish reading it because I paid for it but not really a great book. It was just a continuous promotion of herself and the book. There were some good examples but I would definitely get something more current. The pharmacotherapy options in this book is already outdated.

I have been suffering from Migraines since the age of 10 and I have to say that this book is one of the best on the subject. Having lived with migraines for some time I have amassed a library of reference material to help me understand the condition. The book does a really good job at explaining what is going on in your brain and the treatments available. The chapters are well organized and one does not have to read the book in order to seek the information you need. Overall very satisfied with the purchase and this is one of the books I will maintain as an excellent resource.

I had already read Heal The Headache therefore I felt I got the information I needed. I only picked up a couple of new ideas. It may be helpful if you haven't read that book yet.

I wish I had this book 4 years ago when I was at my worst point. I'm learning so much from this book.

Very informative book. Some of the information I was aware of, but there was much that I did not know. This is a very helpful book when getting ready for Dr. appointments. I sent copies to family members that also suffer from migraines. I'm very glad someone who suffers from migraines and also has the ability to write such a helpful book has taken the time to do so.

The recommendations in this book are effective, easily done and are based in science. I understand better how migraines happen and what I can do about it.

I get migraines--very strange ones. Have for decades. Which is why I decided to read this book. What a pleasant surprise! Not only is this a well laid out explanation of how this chronic illness works (and despite the assertions of other reviewers. . . even if you manage to avoid headaches you STILL have the chronic illness) but the author manages to pack quite complicated neurological biology into a concise readily-understood package that anybody can read--it's actually an enjoyable read, and a fast one. This author has a true gift for translating medical science. And, the physician who wrote this book is herself a migraine sufferer, which gives her words an additional cache and weight. It makes the book personable and reassuring even in the face of its serious subject matter. You know she knows what happens during a migraine--from the inside out. I especially liked her descriptions of the newer, very effective multi-level, multi-pronged treatment regimens and the warnings she gives about unproven fly-by-night alternatives. She illustrates a lot of this with case studies, but doesn't over-illustrate or use too many. It's obvious that she wants to gently stress to the reader the concept that if you get migraines you need to work at finding a doctor and a treatment that are right for you, and that because you are dealing with complex neurology and not a broken bone, it may not be as simple or fast a fix. The reader isn't just left with an "Oh, no! What now?" feeling at the end of the book, either, but instead is given actual tools to use to try to understand his particular symptoms, what they mean for him, what they tell him about his version of migraines, and how best to help his own doctor understand what's going on. I truly like the idea that headache sufferers and their doctors benefit mightily from a "migraine log." Such a simple idea, but a great one. It offers a sense of impending control and hope. I highly recommend this book--and especially recommend it over and above Oliver Sacks's book on migraines, which I found very dated, very needlessly sprinkled with uselessly arcane medical jargon, and disturbingly run-through with the idea that the patients miiiiiight somehow be responsible for their own illnesses.

[Download to continue reading...](#)

The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health  
The Migraine Relief Plan: An 8-Week Transition to Better Eating, Fewer Headaches, and Optimal Health  
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)  
Understanding Migraine and Other Headaches (Understanding Health and Sickness

Series) Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) User's Guide to Preventing & Treating Headaches Naturally: Learn How You Can Use Diet and Supplements to Put an End to Headaches (Basic Health Publications User's Guide) The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants with Fewer Headaches and Maximum Profits Landlording on Autopilot: A Simple, No-Brainer System for Higher Profits and Fewer Headaches The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants With Fewer Headaches and Maximum Profit Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches Migraine and Other Headaches Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Stop Headaches Now: Take the Bite Out of Headaches Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health Prevent Wind Diseases: DIY Cure Stiff-Neck Pain, Migraine Headache, Edema, and Brain Tumor Runner's World Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther, and Faster--With Fewer Injuries

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)