



Headaches and Migraine: Practical and Easy-to-follow Advice (Your Child)

Maggie Jones

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Your Child is a series of practical guides, aimed at parents of children affected by common but distressing complaints. Migraine and recurrent headaches can affect children's lives profoundly, impacting on their emotional, social, psychological and educational lives. Many of the conventional drugs for headaches and migraine are unsuitable for children and can produce unwelcome side-effects. However, there are many complementary and alternative approaches that can yield excellent results. This book covers:- Causes and triggers of headaches and migraine; How to help yourself and your child; Conventional treatments; Complementary therapies; Specific advice for each age group



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Headaches and Migraine: Practical and Easy-to-follow Advice (Your Child) can be one of your beginner books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into pleasure arrangement in writing Headaches and Migraine: Practical and Easy-to-follow Advice (Your Child) however doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be one among it. This great information can easily drawn you into fresh stage of crucial considering.

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