



15 Natural Remedies for Migraine Headaches

Jay S. Cohen

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Over the last few years, several powerful and expensive migraine drugs have become available through prescription. Unfortunately, although many work, most have side effects that can cause individuals to stop treatment. For anyone who has yet to find relief from migraine attacks, best-selling author Dr. Jay Cohen—one of the country's leading authorities on the dangers of prescription drugs—offers a concise and practical guide to alternative treatments that are just as effective as their conventional counterparts, but are naturally safe.

The book begins by explaining what migraines are. It then examines some of today's more popular migraine drugs, exploring both their effectiveness and their side effects. The remainder of the book provides a comprehensive listing of the most valuable natural migraine products available. Each entry includes an easy-to-understand explanation of what the product is, how it works, and what the recommended dosage is. When necessary, the author shares additional cautions and considerations.

The remedy that works for one person may not work for another. This book provides a range of safe treatments so that—without suffering harmful reactions—you can find the solution that will resolve your migraine pain once and for all.

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