



# **Migraine: Identify Your Triggers, Break Your Dependence on Medication, Take Back Your Life: An Integrative Self-Care Plan for Wellness**

*Sharron Murray*

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Migraine disease affects over 30 million people in the U.S. alone. Murray, a nurse and former college professor, shows readers how to develop their own wellness plan and regain control of their lives.

*Migraine* explains how to:

- Identify headache types and triggers
- Break the cycle of medication dependence
- Create a self-care plan that combines eastern therapies (yoga, meditation, biofeedback, and reflexology) with conventional western medical approaches (physical therapy, chiropractic) to reduce the frequency and severity of migraine attacks and achieve wellness

Murray explains the cause of the disease, where it comes from, and the difference between primary and secondary headache types, along with the impact of injuries and diseases which may occur alongside migraine disease. She looks closely at both Eastern and Western medicine to help readers understand their unique headache patterns and minimize, or abort, migraine attacks. Tables and charts provide at-a-glance reference points.

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