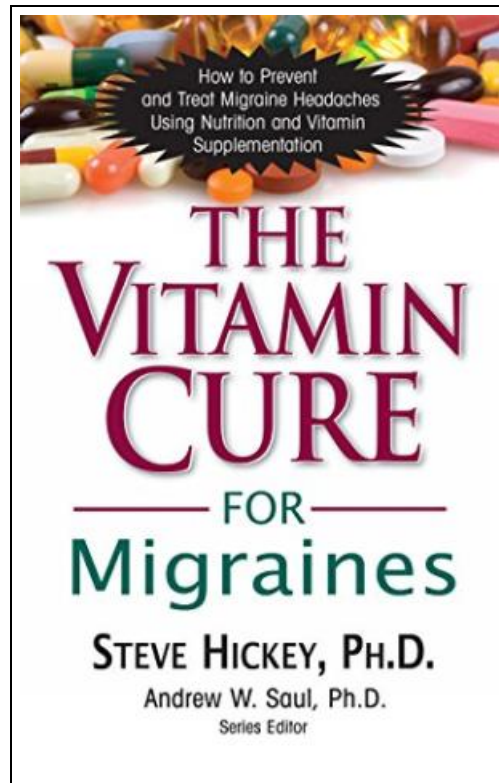


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Basic Health Publications. Paperback. Condition: New. 208 pages. Dimensions: 8.3in. x 5.3in. x 0.5in. Most people's diets are woefully inadequate for providing proper nutrition. Even good diets fail to deliver sufficient levels of nutrients. The Vitamin Cure book series highlights the safe and clinically effective use of vitamin supplements for a variety of illnesses. Research continues to prove the immense value of vitamins for maintaining health and fighting disease. The Vitamin Cure books, written by authors who are recognized experts in their field, provide authoritative, up-to-date, and practical information on taking vitamins for particular health problems. Migraine headaches are one of the most incapacitating diseases in terms of useful days lost. Worldwide, more than 300 million people are afflicted by migraines. Unfortunately, it is a chronic disease that is particularly difficult for conventional medicine to investigate or treat effectively. Nutrition should be the first line of defense for a migraine sufferer. The Vitamin Cure for Migraines describes nutritional approaches to both prevention and treatment, based on orthomolecular (megavitamin) medicine. Additional noninvasive therapies that may be helpful include herbal medicine, acupuncture, and oxygen therapy. As a last resort, selected drugs can be used for aborting migraines- these are covered as well. With this safe and effective nutritional program, migraine sufferers' lives can be greatly improved. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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