

USER'S GUIDE TO HEADACHES AND MIGRAINES

Discover the different types of headaches and learn how to prevent and treat them



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Practical Health Guides, Nutraceuticals and Natural Medicine, *Discover the different types of headaches and learn how to prevent and treat them*

The causes of headaches may range from stress or emotions to nutritional deficiencies. Dr. Berkowitz offers detailed information about the causes and the different types of headaches, like cluster headache and migraines. Above all, he shows the different methods to treat them, such as natural treatments like medicinal herbs or nutritional supplements —Vitamin B or magnesium for migraines— and even alternative methods such as acupuncture.

Collection books

This collection of Health Guides, with a convenient format and a concise style, will give you the information you need about the most effective nutritional and herbal supplements, which can help you feel better and prevent or treat the most pressing and widespread health problems.

A practical guide to a very common disease like headaches. All you need to know about causes and treatments.

Jonathan M. Berkowitz is also the author of *Asthma: Relax-You're not going to die*. He graduated at Jefferson Medical College, Philadelphia. After that, he continued to study at medical centers in New York. He frequently publishes his articles in different medical journals as well as in magazines for the general public.