

Where can I learn more about managing headaches?

There are many excellent books that describe effective ways to manage your headache. You may wish to take advantage of information in some of the books listed below:

• General information

- Bernstein C, McArdle E. 2008. *The migraine brain. Your breakthrough guide to fewer headaches, better health.* Glencoe, IL: Free Press.
- Foster CA. 2007. *Migraine. Your questions answered.* New York, NY: DK Publishing.
- Roberts T. 2005. *Living well with migraine disease and headaches: You're your doctor doesn't tell you ... that you need to know.* New York, NY: Harper Collins.
- Kenefick K. 2006. *Migraines be gone: 7 simple steps to eliminating your migraines forever.* Crestone, CO: Roots and Wings Publishing.
- Marcus DA. 2006. *10 simple solutions to migraine.* Oakland, CA: New Harbinger.
- Blumenthal M, Brinckmann J, Wollschlaeger B. 2003. *The ABC clinical guide to herbs.* New York, NY: Thieme.

• Safety of medications and supplements during pregnancy and nursing

- Briggs GG, Freeman RK, Yaffe SJ. 2008. *Drugs in pregnancy and lactation: a reference guide to fetal and neonatal risk, 8th edition.* Portland, OR: Lippincott Williams & Wilkins.
- Hale TW. 2008. *Medications and mothers' milk: a manual of lactational pharmacology.* Amarillo, TX: Pharmasoft Medical Publishing.
- Humphrey S. 2003. *The nursing mother's herbal.* Fairview Press.
- Rubin SH. 2008. *The ABCs of breastfeeding: everything a mom needs to know for a happy nursing experience.* New York, NY: AMACOM.

• Guides to learning non-drug treatments

- Davis M, Eshelman ER, McKay M. 2000. *The relaxation & stress reduction workbook.* Oakland, CA: Raincoast Books.
- Delaune V. 2008. *Trigger point therapy for headaches & migraines: your self-treatment workbook for pain relief.* Oakland, CA: Raincoast Books.
- Rossman M. *Headache relief: guided imagery exercises to soothe, relax and heal (guided self-healing practices).* Sounds True, 2004. [Audio CD]
- Sharpe M. 2001. *The migraine cookbook: more than 100 healthy and delicious recipes for migraine sufferers.* New York, NY: Marlowe & Co.
- Magee E. 2005. *Tell me what to eat if I have headaches and migraine.* Franklin Lakes, NJ: The Career Press.

- Van Houten P. 2003. *Yoga therapy for headache relief*. Nevada City, CA: Crystal Clarity Publishers.
- **Helping your child with headaches**
 - Zeltzer LK, Schlank CB. 2005. *Conquering your child's chronic pain: a pediatrician's guide for reclaiming a normal childhood*. New York, NY: HarperCollins.
 - Diamond S, Diamond A. 2001. *Headache and your child: the complete guide to understanding and treating migraine and other headaches in children and adolescents*. New York, NY: Fireside.
 - Culbert T, Kajander R. 2007. *Be the boss of your pain: self-care for kids*. Minneapolis, MN: Free Spirit Publishing.
 - Ricker J. 2006. *The headache detective: mom, my head hurts*. Massillon, OH: Thomas and Clayton Publishing.