



Migraines and Epilepsy: How to Find Relief, Live Well, and Protect Your Brain

James Bogash

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You may be able to rid yourself of migraines or seizures completely!

The debilitating pain of a migraine...the disability of poorly controlled seizures. If this describes you or someone you care about, you are not alone. A staggering 3 million people in the United States alone have been diagnosed with epilepsy. When you consider that migraines share very similar characteristics to seizures, you can add another 35 million to the pool. Then consider the fact that neurodegenerative disorders such as Parkinson's and Alzheimer's may be the long-term result of uncontrolled damage to the brain from epilepsy and migraines. This means a very large number of people alive today are affected by this process that produces a progressive degeneration of the brain.

Migraines and Epilepsy: How to find relief, live well and protect your brain

, unlike other books on this topic, brings together many of the concepts that help to heal your brain, improve brain function, and eliminate debilitating conditions that negatively affect your brain. It is designed as a guide to protect the most important thing you own-your brain. While nothing in the physiology of the brain is guaranteed, the majority of those who follow the recommendations in this book will find relief

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