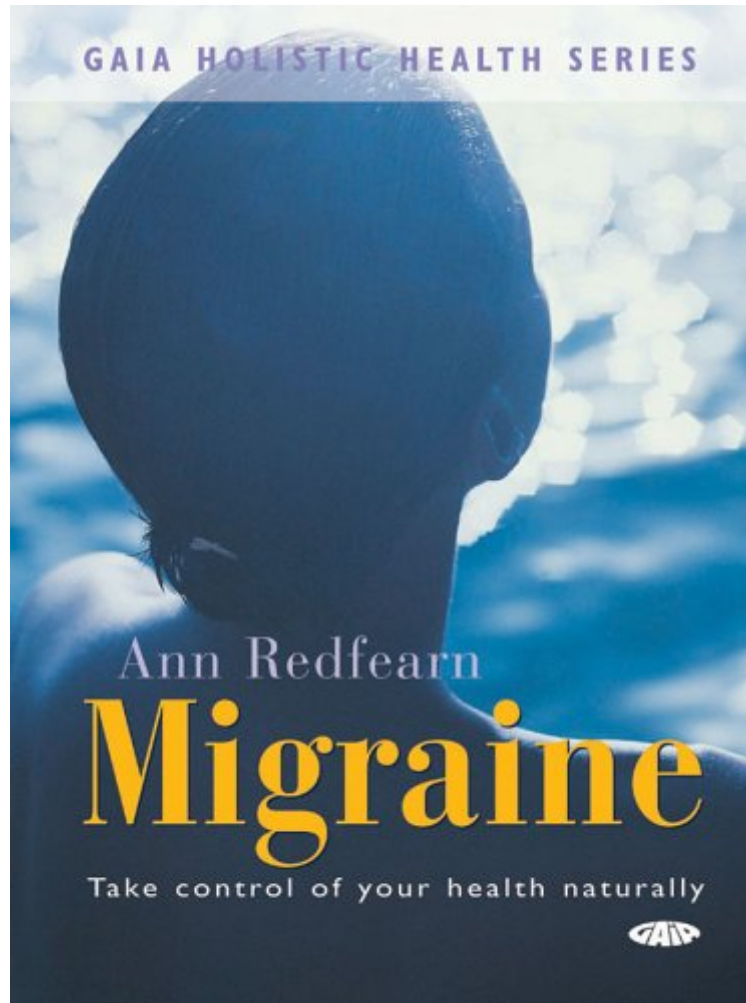


[Library ebook] Gaia Holistic Health Series: Migraine: Take Control of Your Health Naturally

Gaia Holistic Health Series: Migraine: Take Control of Your Health Naturally

Ann Redfearn

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#8859083 in Books Gaia 2005-08-01Original language:EnglishPDF # 1 1.00 x 1.00 x 1.001, 1.00 #File Name: 185675233X128 pages | File size: 31.Mb

Ann Redfearn : Gaia Holistic Health Series: Migraine: Take Control of Your Health Naturally before purchasing it in order to gage whether or not it would be worth my time, and all praised Gaia Holistic Health Series: Migraine: Take Control of Your Health Naturally:

4 of 4 people found the following review helpful. A painkiller that actually works!By Vera SavageI have suffered from fairly frequent migraines for the last few years, and have recently begun looking at more alternative/holistic methods or curing them than standard "Western" medicine can offer. This book by Ann Redfearn is extremely helpful because it offers a wide spectrum of alternative methods and really helps the reader to find the original causes of their migraine, rather than merely offering advice on pain-killing. It is split into chapters all addressing a different aspect of the holistic approach that this book takes, such as emotional and dietary causes of and remedies for migraines. Also

included are chapters on herbal remedies, relaxation techniques, exercise, massage and colour therapy. These things are simply explained and easy to follow, and some of the smoothy recipes in the dietary section are fantastic! I would recommend this book to anyone who suffers from migraines, occasionally or frequently, as it really helps to take the stress away and gives on practical advice which is also soothing and enjoyable to follow.

Migraines have been named by the World Health Organization as one of the world's top 20 most disabling conditions, but orthodox medicine offers no drug-free solution to lessen the severity of an attack. The good news is that you can take control of your health naturally through these proven holistic methods. Beginning with self-tests that pinpoint the environmental and lifestyle factors that trigger attacks, explore a range of effective treatments--from kinesiology, Chinese meridian massage, and breathing exercises to diet changes, herbal teas, aromatic oils, and Taoist yoga. By learning to understand the chi of our energy field, its meridian lines, and chakras, it's possible to achieve a healthier, migraine-free existence.

About the Author Ann Redfearn BSY (DS, Arom, Col) is a qualified yoga teacher (British School of Yoga), colour therapist, aromatherapist, holistic diagnostician, and feng shui practitioner, She also has much personal experience in the world of healing energy. In addition to her many areas of expertise, she has been studying and teaching tai chi and kai men (Chinese yoga) for the past sixteen years.