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The Keeler Migraine Method: A Groundbreaking, Individualized Treatment Program from the RenownedHeadache Clinic

Robert Cowan

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A revolutionary and scientifically backed prevention and rescue treatment plan for migraine attacks.

More than 30 million people suffer from debilitating headaches. Yet our understanding of the science behind migraines is still in its in-fancy. At the Keeler Center for the Study of Headache, Dr. Robert Cowan and his team of specialists conduct some of the most cutting-edge research in the field. Their treatment program, which combines the latest alternative and conventional therapy strategies, has helped thousands of sufferers manage their symptoms effectively and regain control of their lives.

As Dr. Cowan explains, each patient presents unique sets of triggers and pain patterns and requires a customized treatment approach. The Keeler method helps migraine sufferers identify their own headache triggers and then create an individualized formula for dramatically decreasing the frequency and severity of these attacks. It also illustrates how to design a foolproof, reliable ?rescue? plan when necessary, and offers surprising information, such as:

· Why elimination diets and ?foods to avoid? lists may not work
· Why frequently prescribed medications can actually make a headache worse
· Why many headache treatments stop working over Time

With a step-by-step program and expert advice throughout, *The Keeler Migraine Method* will be the most comprehensive guide to migraine management in the bookstore.

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