

Migraine: Annotated Reading List

Rosalind Michahelles, March, 2007

1. **Overcoming Migraine**, by Betsy Wyckoff, 1991 (revised 1994), Station Hill Press, Barrytown, NY.

A very useful first book which, in fifty pages, describes by chapter the probably triggers for migraine: diet, disease, hormones, etc., and gives practical advice about treatment and prevention. The author searched for her own cure for many years and in the process gained wisdom, insight, and information. 50 pages plus appendices.

2. **Migraine**, by Oliver Sacks, 1992 (revised 1999), Vintage Books/Random House, New York.

Oliver Sacks, famous neurologist and author, writes here in detail about the history, manifestations, and treatments of migraine. More for a deeper understanding of the affliction than for how to prevent them, although, of course, deeper understanding can help with that. Beautifully written – his use of English is exquisite. 297 pages plus appendices.

3. **Was It Something You Ate? Food Intolerance: what Causes It and How To Avoid It**, by John Emsley and Peter Fell, 1999 (paperback 2001), Oxford University Press, Oxford, UK. This technical book written for the “lay” reader helps explain how and why monosodium glutamate (MSG) and certain neurotransmitters called amines, like tryptophan and tyrosine, can cause headaches in susceptible people. There are also chapters describing the action of caffeine as well as of certain preservatives and other additives. Although technical, this book is not hard to understand. 150 pages plus appendices.

4. **What Your Doctor May Not Tell You About Migraines**, by Alexander Mauskop and Barry Fox, 2001, Warner Books, New York/Boston.

This book describes a seven-step program and discusses currently available or prescribed medicines. That annotated list is helpful because of the plethora of treatments patients have to choose from. When consulting a doctor, it's useful to know about what's available, how they work, and what the side effects might be. 242 pages plus appendix.

