



# Natural Guide to Relieving Headache Pain

Barbara Wexler



From mild headaches to a major, potentially life-threatening problems, headache pain is something most people must deal with at one time or another. In her booklet *Natural Guide to Relieving Headache Pain*, noted epidemiologist Barbara Wexler, MPH, describes several causes of headache pain, the available treatment options, and ways to care for yourself so you can avoid headache pain in the future.

- [National Individual Tree Species Atlas](#)
- [National Drug Validation Study Update : Technical Report](#)
- [National Wildlife Refuge System](#)
- [Natural Resources](#)
- [Natural Wonders](#)
- [A Natural History of the Mammalia Volume 2 Rodentia, or Gnawing Animals](#)
- [Native Grrl](#)