TOPIC: Alternatives to drugs in controlling headaches in young people?

- *What are the main alternatives to drugs in controlling headaches in young people?* - a very broad question with a wide scope for each concept

- *Can mind body therapies be used as an alternative to drugs in controlling headaches in young children?* - a more narrow question where some concepts are more specific

- *Is massage a viable alternative to over the counter drugs in controlling tension headaches in primary school children?* – a narrow question where concepts are very specific