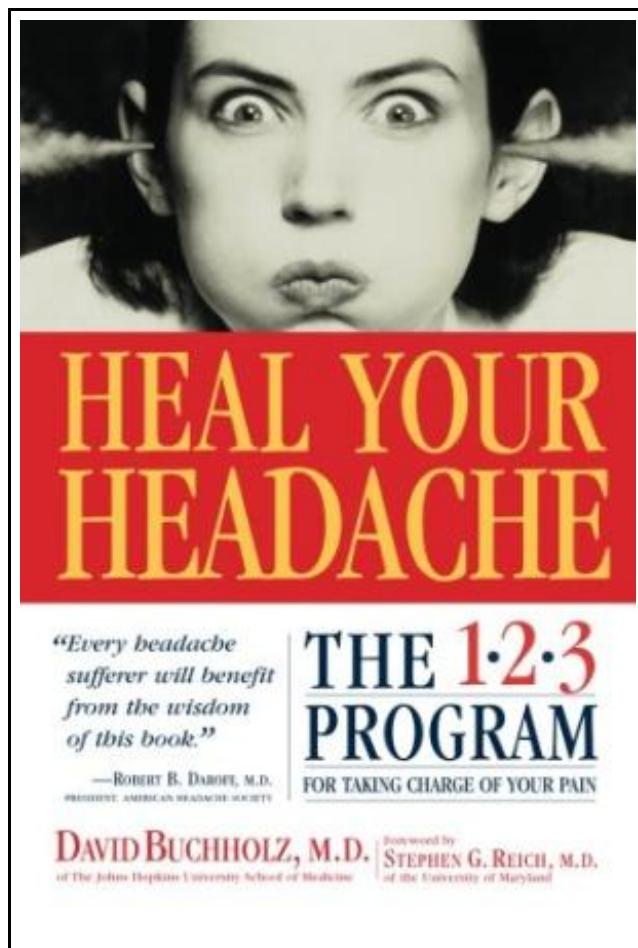


Heal Your Headache



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Reviews

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Workman Publishing. Paperback. Book Condition: new. BRAND NEW, Heal Your Headache, David Buchholz, A groundbreaking and controversial work. HEAL YOUR HEADACHE starts with the fresh insight that nearly all headaches are migraines - that, in fact, a migraine is not a type of headache at all but the built-in mechanism that causes headaches of all kinds. Whether one is prone to crippling "migraines" or only the occasional garden-variety pounder, the underlying causes are the same. This leads to a second insight: both headache sufferers and the doctors they turn to are invariably wrong in how they understand, diagnose and treat the problem. With this knowledge in hand, John Hopkins neurologist Dr David Bucholz takes headache sufferers out of the vicious circle of misdiagnosis and rebound and put them in charge of their lives with a simple, practical, patient-proven 3 - step system. Step One: Avoid quick fixes - treating the symptoms and not the cause can lead to a cycle of escalating pain. Step Two: Eliminate your headache triggers, especially easy-to-control dietary ones like caffeine, chocolate, MSG, and aged cheese. Step Three: raise your headache threshold - when necessary, use preventive medication. One, two, three - add together and for nearly all sufferers, any headache problem can be dealt with, no matter how acute. Every sufferer of headaches or migraines would benefit from this book.

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