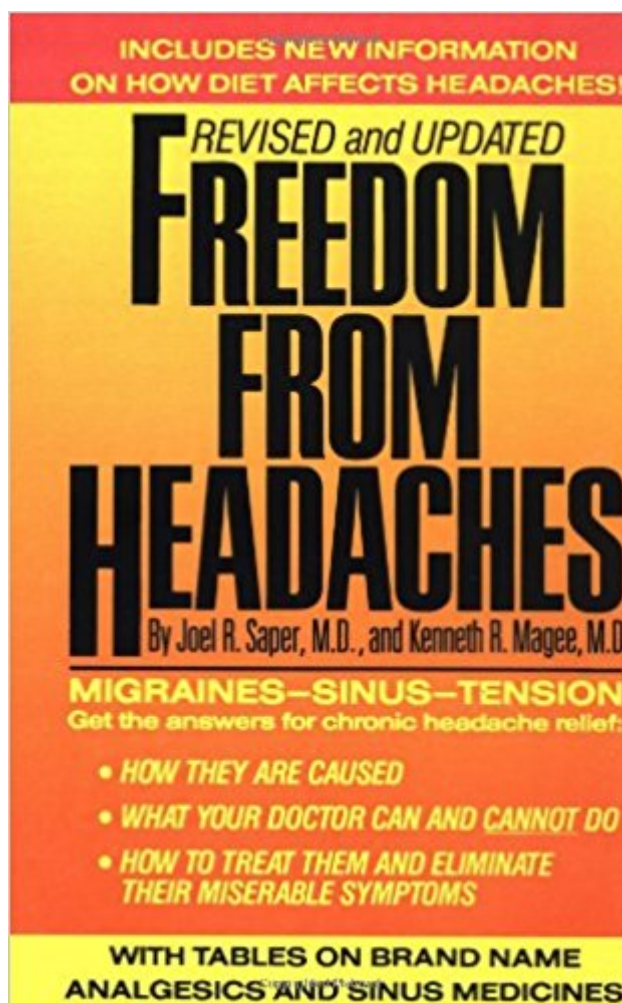


The book was found

# Freedom From Headaches (Fireside Books (Holiday House))



## Synopsis

Headache pain is unlike any other pain; when your head throbs, your entire body suffers. An estimated 20 to 40 million people in the United States are victims of chronic, recurring headaches. Many suffer not only from the torturous pain, but also from rejection by family and friends who cannot understand the moods and agony of the victim. Adverse effects from medication and mounting medical bills add to the misery, until loneliness and despair become overwhelming. Here is a book written for those who desperately seek an understanding of their distressing condition and who want down-to-earth, realistic advice and specific suggestions for finding relief from headache pain. *Freedom from Headaches* discusses: -- pain and its treatment-- the different headache genres -- migraines, tension, cluster, sinus-- headaches that are symptoms of other medical conditions -- hypertension, infection, hangover-- the relationship between diet and headaches-- the emotional aspects of pain and their role in the headache problem-- how to find the best doctor for you. Written with sensitivity and humor in an easy-to-understand style, *Freedom from Headaches* offers what all headache sufferers seek: medically sound knowledge, advice, and encouragement.

## Book Information

Series: Fireside Books (Holiday House)

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Language: English

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

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## Customer Reviews

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condition and condition and who want down-to-earth, realistic advice and specific suggestions for finding relief from headache pain.

Teaches the avoidance of certain chemicals found in certain foods, such as: CAFFEINE, TYRAMINE, MONOSODIUM GLUTAMATE, NITRATES. Thanks to these two authors, I managed to rid myself of headaches and other malaises, after suffering for 35 years!

My neurologist recommended this book years ago and I changed lifestyle (eating and meds). I was able to eat smarter and ween myself off med dependency. No more migraines!

Have used this book for years and sent numerous copies to others with headaches. It defines the different types of headaches and lists the common treatments. I used this book to help understand my problem with migraines. It is an excellent source for questions to discuss with physicians about headaches because most of them do not understand the different types or the possible treatments. I rate this an excellent source to help understand headaches

After suffering from migraine headaches for many years, not realizing the cause, my husband happened to see this book in our hometown pharmacy and bought it for me to read. I thank God that he did. This book is wonderful!!! I have not had another migraine headache since 1992.

Helpful guide for person who suffers from headaches. This was a gift for my daughter. I have had a copy for many years.

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