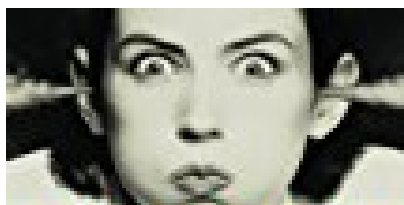


# Heal Your Headache

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**HEAL YOUR HEADACHE**

"Every headache sufferer will benefit from the wisdom of this book!"  
—Helen S. Brown, M.D.  
HEADACHE SPECIALIST AT UCSF SFGH

**THE 1-2-3 PROGRAM**  
FOR THE COMPLETE HEADACHE SUFFERER

David Buchholz, M.D. *Author*  
James A. Brown, M.D. *Foreword*

## BOOK DETAILS

- Author : David Buchholz
- Pages : 272 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN : 0761125663

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## BOOK SYNOPSIS

Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's Heal Your Headache puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the "Quick Fix." Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

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