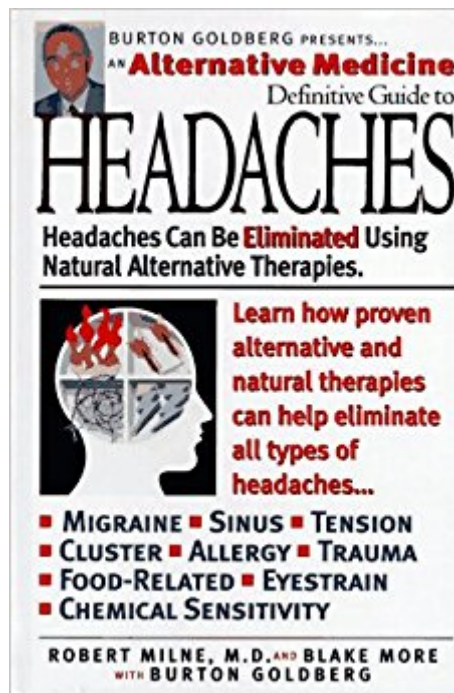




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# Alternative Medicine Definitive Guide To Headaches (Alternative Medicine Definitive Guide)



## Synopsis

Learn how proven alternative and natural therapies can help eliminate all types of headaches including migraine, tension, sinus, eyestrain, allergy/sensitivity and more. All you need to know is your symptoms. The authors skillfully help you identify the type and probable cause of your headache, then guide you through treatment options suited for your condition. This book presents the most effective treatment strategies from nutrition therapy, chiropractic, acupuncture, homeopathy, biofeedback, aromatherapy, and many more modalities.

## Book Information

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## Customer Reviews

If the reader should be one of those patients who have been unable to get real relief from their headaches, this book will be very helpful. The authors classify the most commonly recognized headache types, and clearly explain the possible causes. There is comprehensive information on the many causes of headaches, including digestion, hormones, musculoskeletal problems, emotions, and the environment. This book will help the headache sufferer to better understand what they can do to both prevent and cure their headaches. Chronic headache sufferers will find a great deal of help in Goldberg's Definitive guide to Headaches, and health practitioners will find it a useful reference guide." -Townsend Letter for Doctors & Patients For more information visit the Alternative Medicine website. --This text refers to an out of print or unavailable edition of this title.

BURTON GOLDBERG is the founder of Alternative Medicine magazine, the leading consumer publication in the field. He lives in Tiburon, California. --This text refers to an out of print or unavailable edition of this title.

Very helpful, great book and delivery was fast and condition of the book was in perfect shape. Highly recommended.

Literally the best and only book you need for headaches. It changed my life. Buy it. The wealth of information is staggering.

Excellent item, thanks.

An Alternative Medicine Definitive Guide To Headaches is a comprehensive guide to alternative medicinal treatments of chronic headaches -- a common malady that afflicts 90% of men and 95% of women. Collaborative written by Robert D. Milne, Blake More, and Burton Goldberg to help readers "say goodbye to headaches for the rest of your life," with multiple treatment options for 11 major types of headaches. The described treatments include herbalism and acupuncture, which are free of the side effects common to conventional treatments. An Alternative Medicine Definitive Guide To Headaches is essential reading for anyone who suffers from America's number one health complaint!

A must for all headache suffer's, with the help of this book I decreased my migraine pain by more than two-thirds! This book is packed with valuable information on how to kill the pain involved with headaches. All the treatments are drug free. If your a headache sufferer this is a MUST!

This book is a must for anyone who suffers from chronic headaches or migraines. It covers not only treatments, but also guides you through the causes and what parts of the body are responsible. Complete descriptions of every type of headache and many examples of ways to treat them fill the pages in an easy to read manner. This is the best book I have read on headaches, and being a migraine researcher and sufferer, I highly recommend it.

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