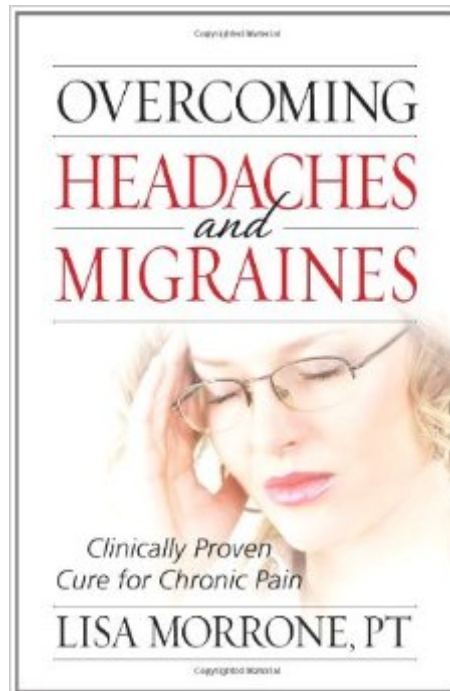


The book was found

Overcoming Headaches And Migraines: Clinically Proven Cure For Chronic Pain



Synopsis

As many as 45 million Americans have chronic and severe headaches--and they're desperate for practical, clearly explained help and answers. Physical therapist Lisa Morrone extends hope. Nearly 20 years of teaching, research, and treating patients have given her a comprehensive, multidisciplinary perspective. Headache/migraine sufferers don't have to resign themselves to being pill-popping victims. Rather, they can achieve lasting changes by discovering how to... uncover the sources of head pain and avoid unnecessary medication eliminate pain originating from neck dysfunction or muscle tension ward off migraines and cluster headaches by pinpointing and avoiding "triggers" decide whether self-treatment, treatment by a practitioner, or a combination is best loosen the traps of stress, anger, and emotional/spiritual bondage that clamp down with head pain This multifaceted resource combines effective habits, exercises, and lifestyle adjustments to end head-pain disability and give readers back a life to enjoy and share.

Book Information

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Customer Reviews

Lisa Morrone, PT has become my new best friend. I read and have begun putting into practice the tips and techniques from her book, *Overcoming Back and Neck Pain: a Proven Program for Recovery and Prevention* and now I've found *Overcoming Headaches and Migraines*. Millions of us live with chronic and debilitating headaches that last a few hours or even days. Those headaches impact every aspect of our lives and our quality of life diminishes with the onset of every one of those nasty headaches. Millions of sufferers take over-the-counter remedies and many more millions (like me) take prescription drugs. While the remedies help initially, they can, over time,

cause side effects and actually become less potent and even bring about rebound headaches. And that's not a good thing. Overcoming Headaches and Migraines is a great help in that Morrone provides information that will help the sufferer uncover the source of pain, avoid unnecessary medication, help to reduce pain, avoid triggers to the pain and oh so many other issues. Her book is informative, comprehensive and goes beyond others I've read because Morrone provides, through photos and description a how-to of posture, lifting, stretches, and other exercises all to help relieve headaches. There is even a section that describes and shows the reader how they should sleep in order to minimize those night headaches. Now the difficult part. This book is fantastic. But it requires commitment on the part of the reader. I suggest that the book be read, portions that pertain to the reader be marked and then, having all this information, you MUST follow Morrone's directions. You must keep a record, a daily headache diary, to help you focus in on the type of headache you have.

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