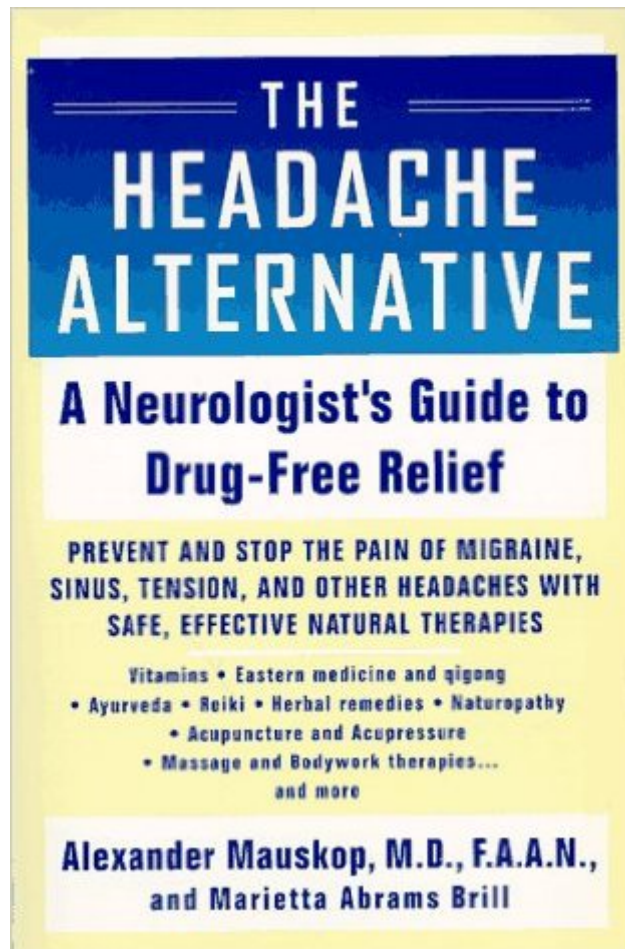


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The Headache Alternative: A Neurologist's Guide To Drug- Free Relief



Synopsis

A Neurologist's Guide To Drug-free Relief

Book Information

Paperback: 432 pages

Publisher: Dell (October 6, 1997)

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (4 customer reviews)

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Customer Reviews

I worked in medical research as a study recruiter. We specialized in headache research. I heard unbelievably horrific stories - day in and day out! When a client was not eligible for a study or was suffering unbearably I would always recommend The Headache Alternative. I like this book because it is written by a doctor who is an expert in his field! And he writes in plain English! He leaves no stone unturned! While the book is from 1997, there is still plenty of good ideas about how to prevent or alleviate headaches without medicine. But if you only want to pop a pill every time you get a migraine, then skip this book. The Headache Alternative is for headache sufferers who really want to fully take responsibility for their health!

Interesting reading. Useful information.

Very happy with book, rec'd quickly, will buy again!! Thanks

a good starters' summary of alternative therapies, but i doubt it will help anyone cure their migraines or headaches. Almost all the therapies listed claim about 80 per cent success, but if that were true the world would not still be full of people suffering debilitating migraines! (as I do).

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