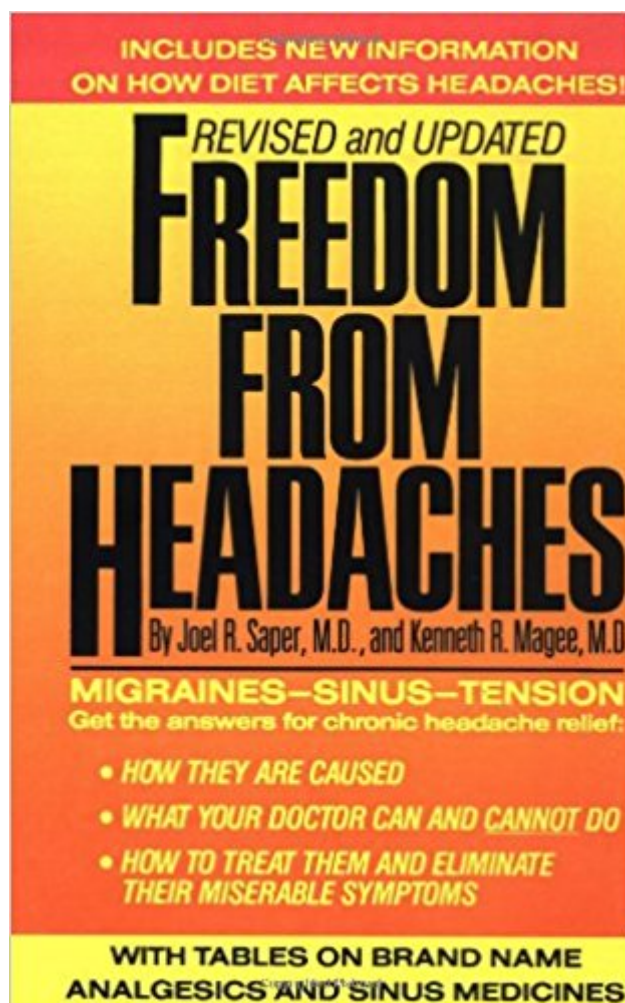


The book was found

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)

Paperback: 236 pages

Publisher: Touchstone; Revised ed. edition (March 3, 1986)

Language: English

ISBN-10: 0671254049

ISBN-13: 978-0671254049

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 12.5 ounces (View shipping rates and policies)

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

Best Sellers Rank: #3,094,021 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #2314 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #3177 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#)

Customer Reviews

Headache pain is unlike any other pain; when your head throbs, your entire body suffer. An estimated 20 to 40 million people in the United States are victims of chronic, recurring headaches. Here is a book written for those who desperately seek an understanding of their distressing

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.

[Download to continue reading...](#)

Freedom from Headaches (Fireside Books (Holiday House)) Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition (Fireside Books (Fireside)) Backache, Stress and Tension: Their Cause, Prevention and Treatment (Fireside Books (Holiday House)) Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) User's Guide to Preventing & Treating Headaches Naturally: Learn How You Can Use Diet and Supplements to Put an End to Headaches (Basic Health Publications User's Guide) Stop Headaches Now: Take the Bite Out of Headaches Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Holiday Cookbook: 2 Titles: Christmas Cookbook, Halloween Cookbook (Holiday Recipes, Holiday Cookbooks) The Holiday Cookbook: 30

Thanksgiving and Christmas Recipes Which Are Easy, Stress-Free, Healthy, and Perfect for the Holiday Season (Holiday Recipes) Holiday Comfort Box Set (5 in 1): Great Stress-Free Holiday Recipes, Comfort Soups, Cast Iron, Slow Cooker, Air Fryer Meals (Holiday Meals) Tiny Houses: Minimalist Tiny House Living (Floor Plans Included) (tiny house construction, tiny homes, tiny house design, small houses, small homes, tiny house building, tiny house lifestyle, micro homes) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) White House Holiday Collectibles: Christmas Cards & Ornaments, Easter Eggs, Holiday Programs, Laminated Press Passes for Presidential Trips Improvising Jazz (A Fireside Book) The Joy of Spinning (A Fireside Book) Haunting Fireside Stories The Fireside Grown-Up Guide to the Hangover Winter Cabin Cooking: Dumplings, fondue, gluhwein and other fireside feasts **READING ORDER: TAMI HOAG: BOOKS LIST OF THE BITTER SEASON, KOVAC/LISKA BOOKS, HENNESSY BOOKS, QUAID HORSES, DOUCET BOOKS, DEER LAKE BOOKS, ELENA ESTES BOOKS, OAK KNOLL BOOKS BY TAMI HOAG** Silent Night: A Spenser Holiday Novel (Spenser Holiday Novels)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)