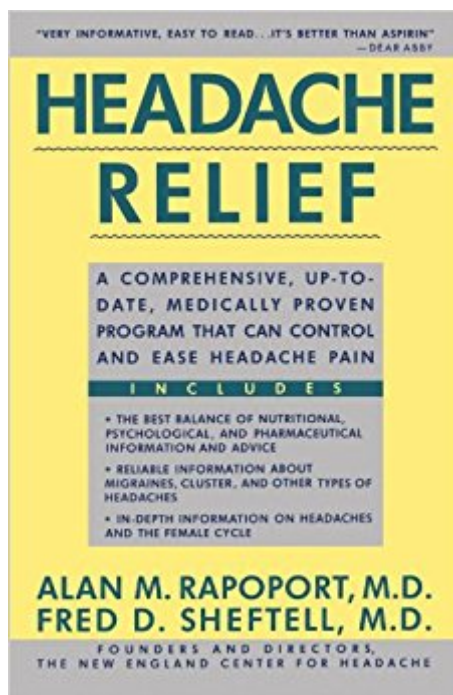


The book was found

# Headache Relief



## Synopsis

Emotions, nutrition, sleep patterns, stress, and environmental conditions can all trigger headache pain. Now sufferers can learn to control those factors with this clinically proven program which utilizes medication as well as other forms of relief.

## Book Information

Paperback: 288 pages

Publisher: Touchstone; Reprint edition (December 15, 1991)

Language: English

ISBN-10: 0671748033

ISBN-13: 978-0671748036

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,845,749 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #488 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine](#) #2891 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#)

## Customer Reviews

This book describes the causes of and treatments for headache pain experienced by adults and children. Included is a discussion of medications, nutrition and diet, biofeedback, therapies and relaxation techniques, and exercise. The book has an index as well as appendixes on analgesics, caffeine content of nonalcoholic beverages, and a psychophysiological evaluation questionnaire. Public and academic libraries that do not own a book on this specific subject might want to purchase, but given that many lay medical books cover this subject as part of its contents, it is not a necessary purchase.- Betsy Kraus, New Mexico Inst. of Mining & Technology Lib., Socorro  
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Life saver!!!

We were told to get this book from one of our child's doctors. Lots to read and hoping to find it very helpful, so far I have only a little bit, but I found it quite interesting already.

I saw this book at a Hastings but it was pricey. So glad I found it on . I recomend it to anyone in headache pain or migraine condition.

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Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away  
The Headache Alternative: A Neurologist's Guide to Drug- Free Relief  
Headache Relief (Guided Self-Healing Ser.)  
Headache Relief for Women: How You Can Manage and Prevent Pain  
Headache Relief  
Outwitting Headaches: The Eight-Part Program for Total and Lasting Headache Relief  
The NATURAL HEALTH GUIDE TO HEADACHE RELIEF  
The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief)  
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