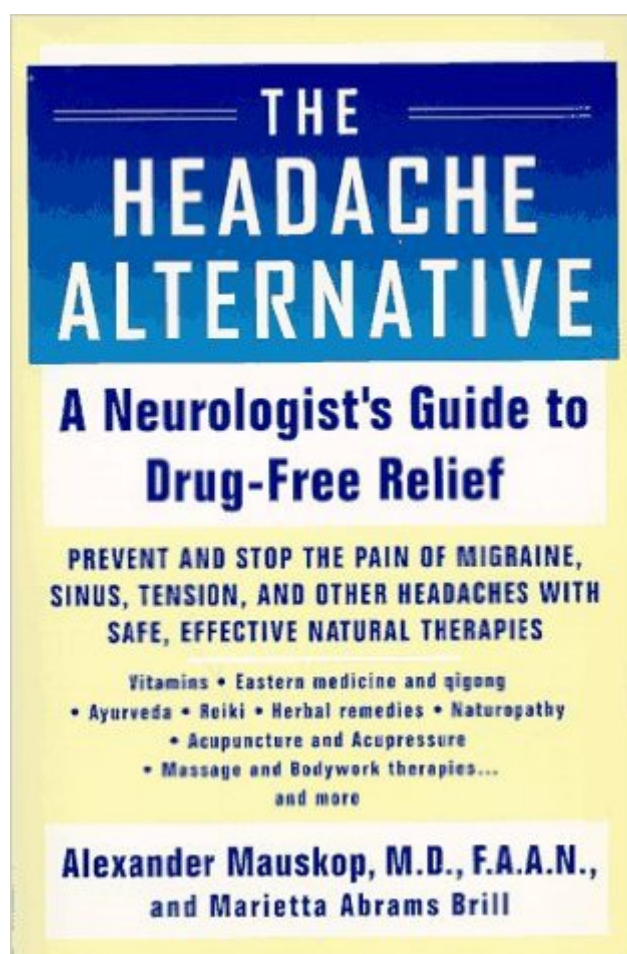


The book was found

# 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)

Language: English

ISBN-10: 0440508207

ISBN-13: 978-0440508205

Product Dimensions: 8 x 5.3 x 1.2 inches

Shipping Weight: 11.2 ounces

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

Best Sellers Rank: #1,425,678 in Books (See Top 100 in Books) #11 in [Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache](#) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #22324 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

## 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).

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

The Headache Alternative: A Neurologist's Guide to Drug- Free Relief The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves Don't Let Your Headache Ruin Your Sex Life: "Honey, I Don't Have a Headache Tonight" Headache Pathogenesis: Monoamines, Neuropeptides, Purines, and Nitric Oxide (Frontiers in Headache Research Series) The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) The NATURAL HEALTH GUIDE TO HEADACHE RELIEF Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach for Relief, Recovery, and Restoration Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away Headache Relief for Women: How You Can Manage and Prevent Pain Headache Relief

[Dmca](#)