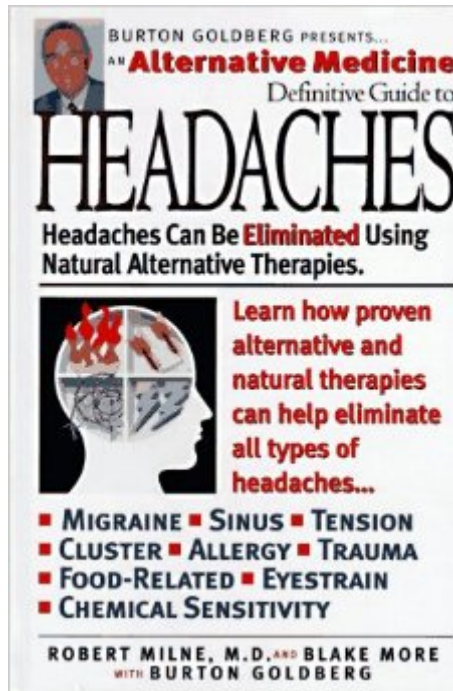


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# Alternative Medicine Definitive Guide To Headaches (Alternative Medicine Definitive Guide)



## Synopsis

Learn how proven alternative and natural therapies can help eliminate all types of headaches including migraine, tension, sinus, eyestrain, allergy/sensitivity and more. All you need to know is your symptoms. The authors skillfully help you identify the type and probable cause of your headache, then guide you through treatment options suited for your condition. This book presents the most effective treatment strategies from nutrition therapy, chiropractic, acupuncture, homeopathy, biofeedback, aromatherapy, and many more modalities.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (6 customer reviews)

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## Customer Reviews

This book is a must for anyone who suffers from chronic headaches or migraines. It covers not only treatments, but also guides you through the causes and what parts of the body are responsible. Complete descriptions of every type of headache and many examples of ways to treat them fill the pages in an easy to read manner. This is the best book I have read on headaches, and being a migraine researcher and sufferer, I highly recommend it.

A must for all headache suffer's, with the help of this book I decreased my migraine pain by more than two-thirds! This book is packed with valuable information on how to kill the pain involved with headaches. All the treatments are drug free. If your a headache sufferer this is a MUST!

An Alternative Medicine Definitive Guide To Headaches is a comprehensive guide to alternative medicinal treatments of chronic headaches -- a common malady that afflicts 90% of men and 95% of women. Collaborative written by Robert D. Milne, Blake More, and Burton Goldberg to help readers "say goodbye to headaches for the rest of your life," with multiple treatment options for 11 major types of headaches. The described treatments include herbalism and acupuncture, which are free of the side effects common to conventional treatments. An Alternative Medicine Definitive Guide To Headaches is essential reading for anyone who suffers from America's number one health complaint!

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