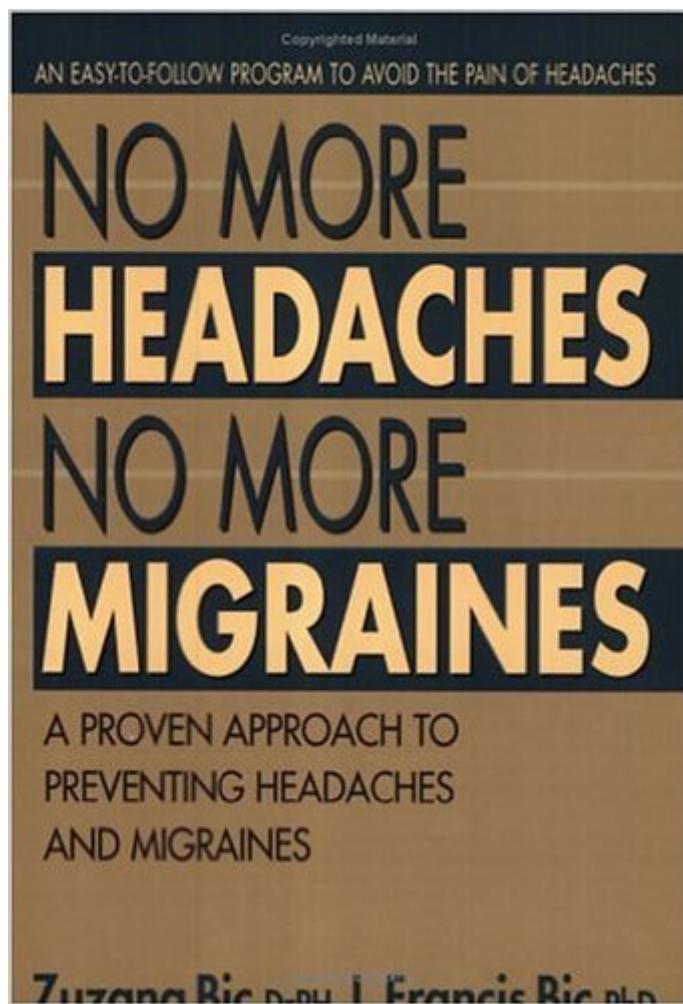


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# No More Headaches No More Migraines



## Synopsis

Drawing on clinical and research data, Zuzana Bic shows readers how to fight chronic headaches without enduring the side effects of medications. She describes different types of headaches, outlines their causes, and details her revolutionary approach to quashing them through diet modification, exercise, and stress reduction.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #2,286,807 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1425 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #1853 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

This is a very comprehensive book on headache prevention that ties together all the different lifestyle factors like food/nutrition, physical activity, and stress. And what is even better is that every tip and every strategy given by the authors to achieve a gradual lifestyle modification actually works in practice.

My doctor always told me that nutrition had nothing to do with headaches. Was he wrong! I modified my diet as recommended in the book - less fat, less sugar, more complex carbs, etc. Two weeks later my headaches were gone; After all these years of suffering needlessly. I just could not believe the improvement. I am free ...

"No more headaches, no more migraines" is a good reading not only for those who suffer headaches. The book is an honest one and it doesn't promise an instant cure. It is an appeal to a reader's intelligence. I like the style this book is written in. It is a modest one, it lets the solid

argumentation speak for itself

This book is very different from anything I have seen before. First, it links together all the known headache triggers into one simple picture. It is now very clear to me how stress, prolonged hunger, caffeine, high-fat food, or smoking all cause the same biochemical imbalances in the body, which lead to headache. But, most importantly, the book offers very specific strategies on how to gradually change your lifestyle to prevent headaches from occurring. It's a great recipe for a healthier living free of headaches!

This book is amazing! I had migraines for 30 years until reading this book. Over the years I tried every drug on the market, ending with Imitrex then Amerge. Even with Amerge I started half of all my days with a migraine. Now I have control over them and I no longer have them. Don't think that because you already eat well and are not overweight that the book won't help. I ate a good diet and wasn't overweight... I still had migraines and the book explained why. The Publishers Weekly review statement that "Their program, however, may seem too simplified and too general for longtime headache sufferers" is way off base! It's exactly what long term headache sufferers need!

If you are looking to cure your migraines, you may want to check this book out. Since my sister has been getting migraines for the last 16 or so years, I have been telling her some of these things to get rid of them. Now that I suffer them as often as she does, I can't say that I have practiced what I preached, but I do believe that Zuzana Bic has the right idea of prevention through changes to your lifestyle. Basically, eat better, reduce stress, and get regular exercise. But she goes into detail to help the reader understand the physiology of the migraine disease and how changing your lifestyle will affect your migraines. If someone just told me that I needed to change these things, I would want to know how this would work. This book tells you. I do plan to follow her advice, and I like that it is not an elimination diet.

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