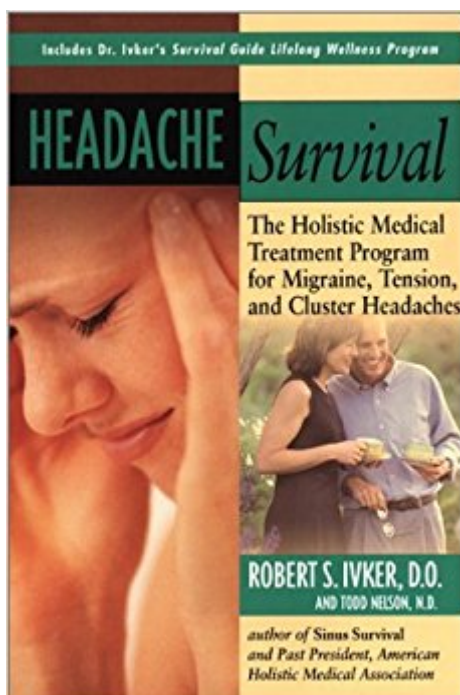


The book was found

# Headache Survival PA



## Synopsis

Too often, we dismiss the headache as a "minor" ailment, one for which the phrase "take two aspirin and call me in the morning" was created. But for millions, migraine, tension, and cluster headaches are debilitating conditions. In the latest of his "survival guides" modeled after Sinus Survival, Robert S. Ivker, D.O., provides relief from this misunderstood affliction. This book contains all the elements of the previous "survival guides" and these special features: \* the Headache Quick-Fix \* the causes of migraine, tension, and cluster headaches \* a Migraine Disability Assessment (or "Midas") questionnaire \* resources for sufferers.

## Book Information

Paperback: 224 pages

Publisher: Tarcher (March 18, 2002)

Language: English

ISBN-10: 1585421413

ISBN-13: 978-1585421411

Product Dimensions: 5.5 x 0.8 x 8.3 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,855,186 in Books (See Top 100 in Books) #14 in Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1222 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

Ivker and Nelson describe the three main types of headaches, their diagnosis, and their treatment, then discuss the holistic approach and suggest various tests for headache sufferers. The major one of those, the Thriving Test, explores many aspects of one's life. Ivker and Nelson devote three chapters to delving at length into the healing of body, mind, and spirit. Healing the body consists largely of healthy eating, and they accordingly recommend things to eat and things to avoid eating, the latter of which they designate the Sickening Six--to wit, unhealthy fats, sugar, refined carbohydrates, alcohol, caffeine, and salt. They specify optimism, a sense of humor, forgiveness, intimacy, and love as vital elements in all the healing methods they suggest. Their practical guide has much to offer those who can seriously involve themselves with their approach. William Beatty Copyright © American Library Association. All rights reserved

Robert S. Ivker, D.O., is an assistant clinical professor in the Department of Family Medicine and a clinical instructor in the Department of Otolaryngology at the University of Colorado School of Medicine, and past-president of the American Holistic Medical Association. Todd H. Nelson, N.D., is a widely recognized naturopathic physician and the director of the Tree of Life Wellness Center in Colorado.

I have the orig. paperback ed. and really get good pointers from it so much I got the updated hardcover. I do recommend this volume to headache and chronic pain individuals.

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

Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Handbook For Headache Relief: Headache...BE GONE! Management of Headache and Headache Medications The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping Headache Survival PA Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival (Survival Fitness Series Book 4) Outdoor Survival: The Ultimate Outdoor Survival Guide for Staying Alive and Surviving In The Wilderness (2nd Edition) (Prepping, Camping, Survivalism, ... Handbook, Survival Blueprint Book 1) Homemade Survival Weapons: The Ultimate Guide To Survival Weapons, Tools And Skills - Discover Amazing Lessons To Creating Effective Weapons For Survival And Self-Defense! WINTER SURVIVAL COURSE HANDBOOK, SURVIVAL MANUAL, SURVIVAL GUIDE The U.S. Navy SEAL Survival Handbook: Learn the Survival Techniques and Strategies of America's Elite Warriors (US Army Survival) Headache Help: A Complete Guide to Understanding Headaches and the Medications That Relieve Them- Fully Revised and Updated Headache and Migraine Biology and Management Heal Your Headache A Headache in the Pelvis, a New, Revised, Expanded and Updated 6th Edition: A New Understanding and Treatment for Chronic Pelvic Pain Syndromes Prevent Wind Diseases: DIY Cure Stiff-Neck Pain, Migraine Headache, Edema, and Brain Tumor Okay, So I Don't Have a Headache Okay, So I Don't Have a Headache: What I learned (and what all women need to know) about PMS, hormones,

stress, diet, menopause--and sex A Headache in the Pelvis: A New Understanding and Treatment for Prostatitis and Chronic Pelvic Pain Syndromes, 3rd Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)