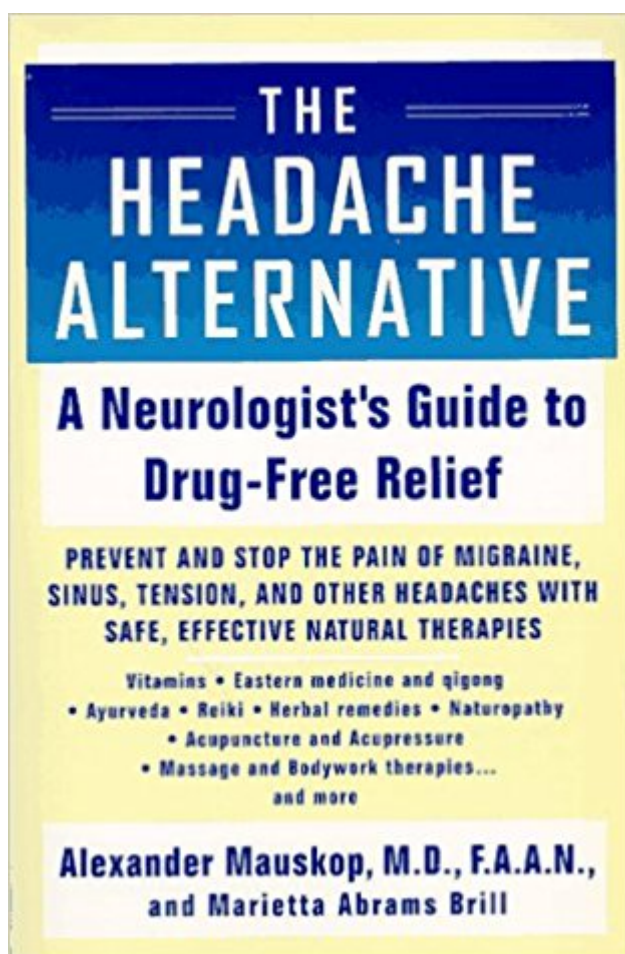


The book was found

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 (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,395,451 in Books (See Top 100 in Books) #19 in [Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache](#) #49 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #34023 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

A Neurologist's Guide To Drug-free Relief

A Neurologist's Guide To Drug-free Relief

This much-needed book outlines a pharmaceutical sparing approach to headache management while staying evidence-based. Non-traditional therapeutic approaches are discussed in an understandable way without being blindly touted where scientific evidence is lacking. The value of pharmaceuticals is acknowledged while this book addresses the need many see in mitigating their usage by proven effective adjunctive therapies. The text gains credibility through references sited as well as the experience and credentials of its author, differentiating it from the more common shakey science offerings available. A book worth reading by any headache sufferer.

Very happy with book, rec'd quickly, will buy again!! Thanks

Interesting reading. Useful information.

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).

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!

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

The Headache Alternative: A Neurologist's Guide to Drug- Free Relief Handbook For Headache Relief: Headache...BE GONE! Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Management of Headache and Headache Medications Research-Based Strategies to Ignite Student Learning: Insights from a Neurologist and Classroom Teacher The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) The NATURAL HEALTH GUIDE TO HEADACHE RELIEF Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away 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 Drug Addicts- Prescription Pill Drug Abuse: How to Deal With an Addict Adult, Friend, Family Member, Teen or Teenager Who is Addicted to Medications (Prescription Pill Drug Abuse Help) The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Hepatitis C Free: Alternative Medicine VS, The Drug Industry, The People Speak Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief Pain Relief for Joint, Muscle and Nerve Pain, Drug Free Using TENS Building Green, New Edition: A Complete How-To Guide to Alternative Building Methods Earth Plaster * Straw Bale * Cordwood * Cob * Living Roofs (Building

Green: A Complete How-To Guide to Alternative)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)