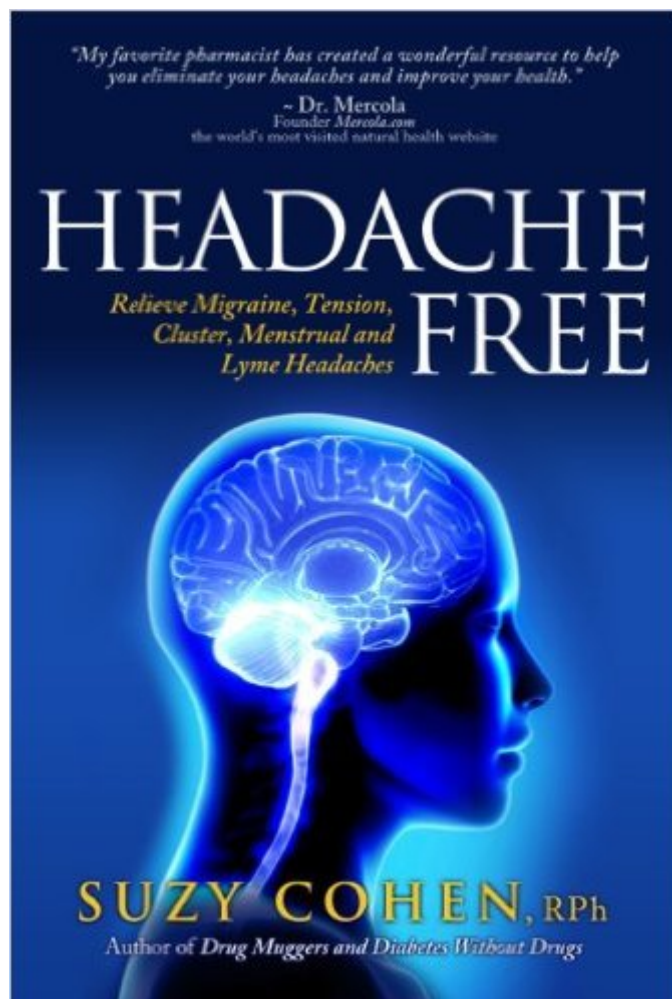


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# Headache Free: Relieve Migraine, Tension, Cluster, Menstrual And Lyme Headaches



## Synopsis

Your how-to manual to get rid of headaches, once and for all... Up until now headaches were considered a pain syndrome that is only manageable, not curable. Prescription analgesics are addictive, while triptans have their own limitations. Pharmacist Suzy Cohen has seen headaches of every sort and helps you uncover the hidden cause. Is it a hormonal imbalance, infection or food allergy? Is it a nutrient deficiency? Are your estrogen, testosterone and thyroid hormones in balance? What about neurotransmitters? The latest research is at your fingertips with this easy-to-read book. Cohen offers hundreds of solutions to end the pain including herbals, vitamins, minerals, medications, teas and much more! Inside Headache Free you will learn how to pacify pain from: \* Migraine headaches \* Cluster headaches \* Trigeminal neuralgia \* Tension headaches \* Sinus headaches \* Hormonal headaches \* Sex Headaches \* Lyme disease and Babesia headaches

## Book Information

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## Customer Reviews

Suzy Cohen makes a general survey of headaches, with an emphasis on migraine headaches. She succeeds in showing that migraine is not a simple disease, and that it is linked to numerous other predicaments. She is very practical minded, always tries to suggest some kind of solution, and I take it that her plans will more or less work during more or less time for problems more or less closely related to migraine. The fact that she explores lots of avenues in many directions is both an advantage and a drawback. It's an advantage in the sense that readers will surely find drugs or tricks they have not tried yet, but it is a drawback inasmuch as she is not concentrated on the basic

mechanisms of migraine. Having her eyes fixed on piecemeal research, Suzy Cohen is constantly carried away from one research to another, and does not show interest in the way cyclical migraine headaches work, and why they are cyclical. By doing so, she shows little concern for people who are suffering from recurrent migraine headaches whatever they do or take, be it medication, herb, diet, etc., the only thing they can hope for being a temporary relief eventually leading to a rebound, i.e., to more migraine headaches down the road? These people, the real migraine sufferers, will find no help, or very little, from Suzy Cohen. True, she mentions cyclical migraine headaches, but only to suggest they are hormonal. This is a bit short. Why do cyclical migraine headaches persist, possibly for an entire lifetime, whereas hormonal balances (or imbalances) change? Not all biological cycles are hormonal, and even if the migraine cycle is connected to hormonal systems, it cannot be reduced to them.

My husband asked me what I was reading? When I told him it was a book on headaches., He replied "You need to read a book on Headaches? Yes, I do. Just to be reminded that everything Suzy says in there on Migraines is Spot on. And she gives such good advice on dealing with them. And her advice is not just something out of Medical book, it is from experience, which makes one feel like you are finally understood. Which, in turn makes you feel like you are not being put off, and degraded , when you don't feel quite right! And knowing how a migraine acts, makes you feel affirmed, and makes you feel like you are on the right track and don't need to feel so frightened when strange things begin to happen to you. It's just a migraine ("throwing a grenade at you!")I would recommend this to anyone plagued with migraines as well as other kinds of headaches.

This is the most complete headache book I have seen. As a lifelong migraine sufferer I found this book to be so helpful. It seems that causes and effective treatments vary by patient. It is always good to get a complete guide so you might finally find the right cure. Avoiding the worst food triggers, or dehydration seems to be the best attack in my situation.

This book helped me so much. I started taking COq10 and Mag to help with my daily headaches. I have been able to drop back on my RX drugs quite a bit and went from 15+ headaches a month to 2-3. This is a great book i highly recommend.

This book gives you really good information on multiple types of headaches along with possible causes and food triggers. I like her alternative therapy and herb suggestions. If you suffer from

headaches, this book is a MUST to read!

Best information I have been able to find on headaches including their causes and ways to decrease pain associated with them. . All of her explanations are easily understood. She describes actions that can be taken immediately to reduce headache pain, such as eliminating food additives and artificial sweeteners from the diet. Cohen clearly how these chemicals work in the body and the damage they cause. She cites scientific studies throughout the book to back the information she presents. This book is a must for anyone who has suffered due to headaches.

My wife gave me this book because of my headache suffering and I found it very helpful. It has lot of info that gets deep into description, but it does address many possibilities of why a person get headaches. The part where it describes supplements and vitamins I found to be good and clear. This is a serious book and a book that could change your life.

This is a phenomenal book for anyone suffering from headaches. I'm a practicing Chiropractor who also deals with nutrition. I also have suffered from severe migraines since the age of 16 and, more recently from cluster headaches. I've tried a lot of different things that have all had varying levels of success. After reading this book I tried a simple combination of certain nutrients and eliminated one thing from my diet for a period of a month and was amazed. In 4 months since this time I've had 1 headache and no more clusters. I'm very impressed. There's no such thing as a miracle cure but this book has been a very big help. What most people don't appreciate is that conditions take time to develop and, in like manner, take time to heal. Your body is in a constant state of adaptation to the world and to the external and internal environment it encounters. Sometimes the proper adaptation meant to help and sustain our life brings about changes in the body that are undesirable in the long term. A fever is a perfect example. Headaches are similar and to really get to the root cause you must adapt lifestyle changes and allow time for the healing, This book was helpful in identifying some key things to address with each type of headache. I highly recommend this book and will also be recommending to my patients as well.

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