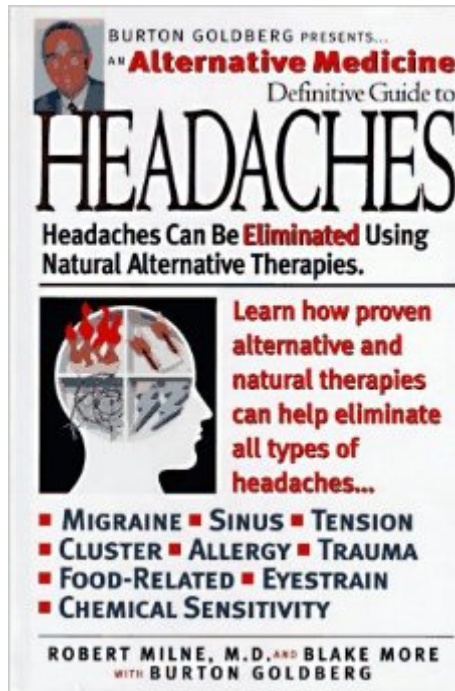


The book was found

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

Series: Alternative Medicine Definitive Guide

Hardcover: 528 pages

Publisher: Alternativemedicine.com books; Pck edition (January 25, 1997)

Language: English

ISBN-10: 1887299033

ISBN-13: 978-1887299039

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.9 pounds

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

Best Sellers Rank: #2,057,618 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #1303 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #1595 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine](#)

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 sufferer'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!

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

Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) Stop Headaches Now: Take the Bite Out of Headaches Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics, herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) 802.11 Wireless Networks: The Definitive Guide: The Definitive Guide Chinese Medicine Cures Headaches Oracle SQL*Plus: The Definitive Guide (Definitive Guides) The Definitive Guide to GCC (Definitive Guides (Paperback)) Vertical Gardening: The Definitive Guide To Vertical Gardening For Beginners. (The Definitive Gardening Guides) Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness The Handbook of Alternative Assets: Making money from art, rare books, coins and banknotes, forestry, gold and precious metals, stamps, wine and other alternative assets Corrosive Signs: Essays on Experimental Poetry (Visual, Concrete, Alternative) (Visual, Concrete, Alternative) THE ALTERNATIVE QUILL: WRITING ALTERNATIVE HISTORY The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents Migraine and Other Headaches (American Academy of Neurology Press Quality of Life Guide Series) Complete Idiot's Guide to Migraines and Other Headaches

[Dmca](#)