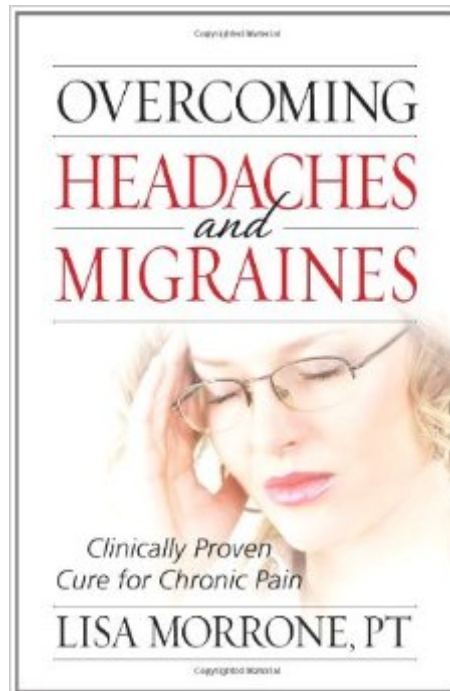


The book was found

Overcoming Headaches And Migraines: Clinically Proven Cure For Chronic Pain



Synopsis

As many as 45 million Americans have chronic and severe headaches--and they're desperate for practical, clearly explained help and answers. Physical therapist Lisa Morrone extends hope. Nearly 20 years of teaching, research, and treating patients have given her a comprehensive, multidisciplinary perspective. Headache/migraine sufferers don't have to resign themselves to being pill-popping victims. Rather, they can achieve lasting changes by discovering how to... uncover the sources of head pain and avoid unnecessary medication eliminate pain originating from neck dysfunction or muscle tension ward off migraines and cluster headaches by pinpointing and avoiding "triggers" decide whether self-treatment, treatment by a practitioner, or a combination is best loosen the traps of stress, anger, and emotional/spiritual bondage that clamp down with head pain This multifaceted resource combines effective habits, exercises, and lifestyle adjustments to end head-pain disability and give readers back a life to enjoy and share.

Book Information

Paperback: 208 pages

Publisher: Harvest House Publishers (August 1, 2008)

Language: English

ISBN-10: 0736921699

ISBN-13: 978-0736921695

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviewsÂ (14 customer reviews)

Best Sellers Rank: #1,572,507 in Books (See Top 100 in Books) #36 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1441 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Lisa Morrone, PT has become my new best friend. I read and have begun putting into practice the tips and techniques from her book, *Overcoming Back and Neck Pain: a Proven Program for Recovery and Prevention* and now I've found *Overcoming Headaches and Migraines*. Millions of us live with chronic and debilitating headaches that last a few hours or even days. Those headaches impact every aspect of our lives and our quality of life diminishes with the onset of every one of those nasty headaches. Millions of sufferers take over-the-counter remedies and many more millions (like me) take prescription drugs. While the remedies help initially, they can, over time,

cause side effects and actually become less potent and even bring about rebound headaches. And that's not a good thing. Overcoming Headaches and Migraines is a great help in that Morrone provides information that will help the sufferer uncover the source of pain, avoid unnecessary medication, help to reduce pain, avoid triggers to the pain and oh so many other issues. Her book is informative, comprehensive and goes beyond others I've read because Morrone provides, through photos and description a how-to of posture, lifting, stretches, and other exercises all to help relieve headaches. There is even a section that describes and shows the reader how they should sleep in order to minimize those night headaches. Now the difficult part. This book is fantastic. But it requires commitment on the part of the reader. I suggest that the book be read, portions that pertain to the reader be marked and then, having all this information, you MUST follow Morrone's directions. You must keep a record, a daily headache diary, to help you focus in on the type of headache you have.

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

Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain 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) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Clinically Oriented Anatomy 6th Edition Testbank: Testbank Questions for the book Clinically Oriented Anatomy 6th Edition Headaches and Migraines (Food Solutions):: Recipes and Advice to Stop the Pain Trigger Point Therapy for Headaches and Migraines: Your Self -Treatment Workbook for Pain Relief Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) Complete Idiot's Guide to Migraines and Other Headaches Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain No More Headaches No More Migraines Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for

Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammalogy)
The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[
THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL
CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback The
Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse,
Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) The
Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain

[Dmca](#)