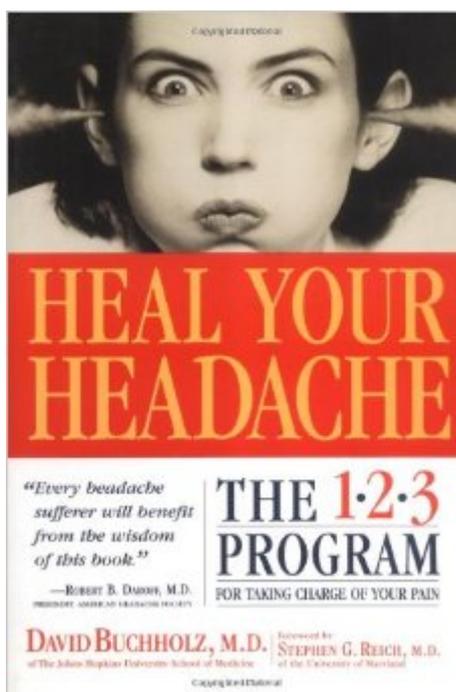


The book was found

Heal Your Headache: The 1-2-3 Program For Taking Charge Of Your Pain



Synopsis

Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's *Heal Your Headache* puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the "Quick Fix." Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

Book Information

Paperback: 246 pages

Publisher: Workman Publishing Company; 1st edition (August 12, 2002)

Language: English

ASIN: B005UVQAFI

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (681 customer reviews)

Best Sellers Rank: #2,758,333 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #2098 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #37251 in [Books > Deals in Books](#)

Customer Reviews

Add my name to the long list of reviewers for whom this book offered welcome relief. I have suffered migraines for over 50 years and am now virtually free [see note below]. The method was not easy. First, you have to stop taking all pain medications that cause rebound headaches. That includes just about everything that you would have ever found useful. Once free of those, you then start working on your personal dietary triggers. For me, it turned out to be a lot of stuff I love. Finally, you find a medicine that raises your headache threshold. For me, it was a moderate dose of nortriptyline. The process took four months and included a lot of pain, particularly as I went thru headaches without pain relievers. But it was worth it. Added July 6, 2004 -- Unfortunately, the relief offered by the book did not last long. Within six months of starting the program I had a major relapse with a migraine

that gripped for more than two weeks and left me with tinnitus. I have followed the book's prescription to the letter, but to no avail. Added October 22, 2004 -- Turns out I missed something. I discovered that a topical hair treatment I was using was a vasodialator and, hence, a headache inducer. I stopped using the product, and my headaches stopped the next day. I haven't had a problem since. Added January 6, 2013 -- I get a lot of feedback on this review, so I thought I'd provide an update. I remain virtually migraine-free. I get modest seasonal transition headaches, but I haven't needed any migraine medicine for as long as I can remember. There are two thing I have to watch out for. First, I am overly fond of Diet Coke, and drinking too much leads to caffeine withdrawal headaches. I have to limit my intake.

February 27, 2008: I'm still going strong after three and one-half years. I'm generally sticking with Dr. Buchholz's program and try to avoid caffeine, nitrates and other foods with multi-syllable preservatives. In addition, my wife and I try to eat organic foods whenever we can, and this seems to be extremely helpful in avoiding most of my known food triggers. Finally, I now drink a lot more water every day than I used to. When I get a migraine, I tend to get extremely dehydrated. I specifically drink Glaceau SmartWater when a headache comes on and when I'm recovering after a headache, and this seems to help by restoring electrolytes to my system. By the way, keeping a migraine diary is critical. Every time I get a headache, my wife notes what I ate and drank within the past 12-24 hours, how much sleep I got (too much or too little), etc. I'm still not cured completely, but my quality of life has dramatically improved over the past couple of years. May 7, 2007: It's been over two and one-half years since I got with Dr. Buchholz's program, and I'm still relatively migraine free. Once again, I try to stay away from caffeine and any foods with nitrates/nitrites and other multi-syllable non-natural preservatives (e.g., MSG) that clearly can't be good for you. Also, I no longer use any big-pharma migraine meds. Bottom line: My migraines continue to be relatively infrequent and much more manageable. August 1, 2006: I'm still with the program (i.e., no migraine meds and watching what I eat pretty carefully), and my migraine headaches continue to be under control. As of September 2006, I'll be coming up on the two year mark of following Dr. Buchholz's recommended protocols, and it's been worth it since I've gotten my life back.

I have suffered from migraines for longer than 20 years. Even though they run in my family, I am the only one who gets them with frequency and severity. I started with just an occasional one in my late teens to having 3 or 4 per WEEK as I approached forty. Over the years I have been on just about every preventive (or even theorized preventive) migraine drug there was, from atenolol to zoloft. I

also had taken the abortive drugs like cafergot and midrin. And NOTHING worked. In the 90s I had a standing prescription for 60 codeine pills per month and there were days that I had to take 5 or 6 of them, and the pain was just dulled, not removed. When triptans came out in the 90s I embraced them eagerly--here was something that took away the pain's source and didn't just numb it! But as happens more often than not, my body became somewhat tolerant of them and it took an ever-increasing dosage to provide relief. I have been in emergency rooms more times than I can count. And most of the time, the personnel there treated me as if I were a drug addict looking for a fix! They'd usually send me away with a shot of Demerol--which only made me vomit and was just a drop in the bucket for curing the pain. People had suggested to me before that I eliminate certain foods from my diet. My stock response was, "I sometimes get a headache when I drink tequila, but I also get them when I *don't* drink tequila, so I might as well drink tequila!" While browsing one day on after a particularly bad spate of headaches over Labor Day 2005, I found out about this book and after reading the rave reviews, decided I could try anything. The tough part about the plan for me is the diet. No cheese, no caffeine, no fresh breads, no nuts, no sour cream & yogurt...

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

Heal Your Headache: The 1-2-3 Program For Taking Charge of Your Pain
Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs
Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed)
Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S. and Other Symptoms Without Surgery
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)
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)
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)
Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital
NLP: Neuro Linguistic Programming: A Practical Guide To Taking Charge Of Your Life By Changing Your Brain And Mind
Don't Let Your Headache Ruin Your Sex Life: "Honey, I Don't Have a Headache Tonight"
The Headache and Neck Pain Workbook: An Integrated Mind and Body Program
Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health
Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook
Before The Change: Taking Charge of Your Premenopause
ANTI INFLAMMATORY DIET:

Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control Headache Pathogenesis: Monoamines, Neuropeptides, Purines, and Nitric Oxide (Frontiers in Headache Research Series) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery

[Dmca](#)