



Breaking the Headache Cycle

By Livingston

St Martin s Press, United States, 2004. Paperback. Book Condition: New. 1994 and Limite.. 208 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Two headache specialists offer their innovative Headache Reduction Program, for treating and preventing recurring headachesTwenty-eight million people in the United States suffer from chronic, recurrent, often disabling headaches-half of them forgoing medical attention in favor of analgesics that do nothing to prevent the next one. In *Breaking the Headache Cycle* , the authors-migraine sufferers themselves-present the integrated Headache Reduction Program (HARP) that they developed at the Princeton Headache Clinic. Based on the central insights that the predisposition to headaches is a sign of an unusually sensitive nervous system and that drugs are only one component of the most successful treatment plans, this remarkable program instructs readers in a range of techniques, including: - how to relieve the pain of migraines - how to detect and ward off oncoming headaches - how to prevent migraines from even threateningThe innovative solutions detailed in *Breaking the Headache Cycle* range from simple breathing exercises and dietary changes to support groups and the latest medications. In this thorough and accessible guide, the authors promise new relief for...



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