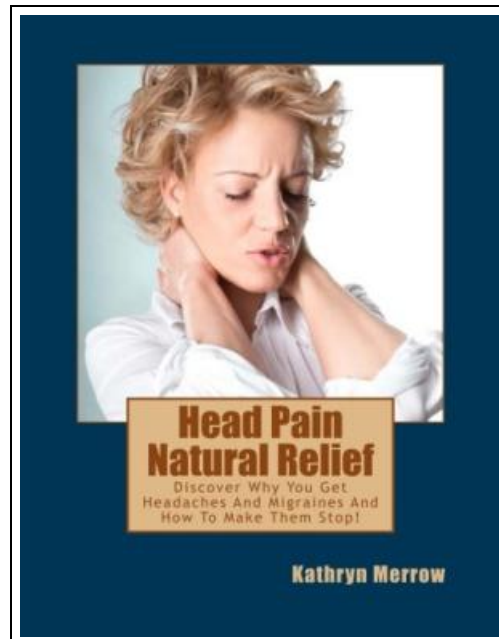


Head Pain Natural Relief: Discover Why You Get Headaches and Migraines and How to Make Them Stop! (Paperback)



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Reviews

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HEAD PAIN NATURAL RELIEF: DISCOVER WHY YOU GET HEADACHES AND MIGRAINES AND HOW TO MAKE THEM STOP! (PAPERBACK)



Mind Touch Communications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are reasons why your head hurts. In fact, there may be several reasons. You will find them in this book and you will also discover how to get rid of them! Your book is one for the ages. It s like having a first aid kit in the house. Something you can always refer to. - Maurice Chuka. You will also discover simple steps to get rid of your headaches and migraines naturally. Here s a testimonial from Fine Print : This book is loaded with practical tips from the author s professional and personal experience with headaches. If you re suffering from a migraine headache right now, I recommend that you skip directly to the chapter called What helps a migraine RIGHT NOW? for some easy and effective ways to start relieving the pain right away. You may also want to take a look at the sections that start with Trigger points which cause head pain and use the helpful diagrams and massage tips the author includes to track down and treat the source of your headache. (An example of her massage tips: certain muscles respond better to being lifted, pushed up, or unrolled front to back rather than simply being pressed in on.) Once you re past an immediate headache crisis, go back and read the entire book to get a comprehensive look at the possible causes for your headaches and some all-natural ways to reduce or even permanently eliminate them. I picked up a number of quick and easy tips from this book that I can start using today to immediately reduce my headache frequency and intensity. Plus the author s tips on posture, exercise, diet, sleeping...

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