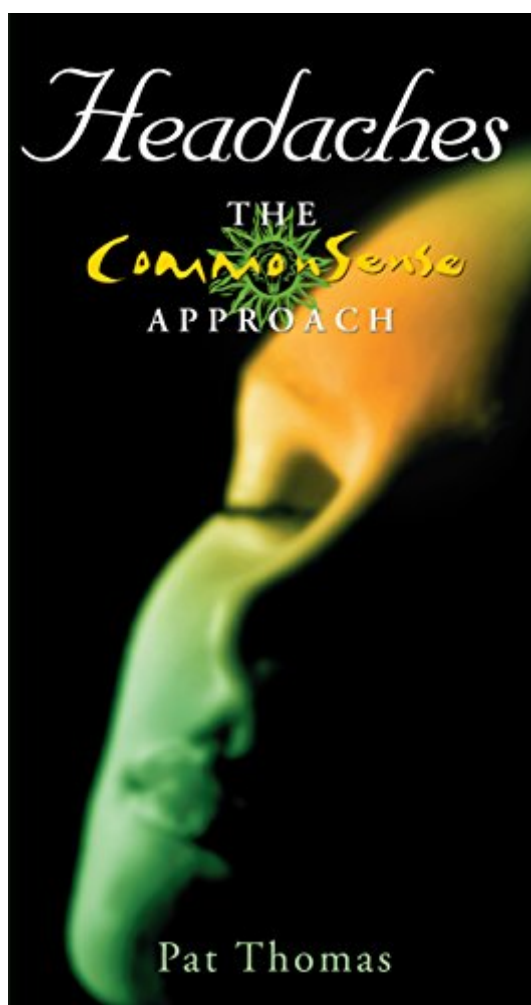


The book was found

Headaches – The CommonSense Approach: Become Your Own – Headache Detective™



Synopsis

Headaches â€” The CommonSense Approach is a clear, concise and accessible guide that will empower headache sufferers to become their own â€”headache detectiveâ€”™.Ninety per cent of adults have had a headache at some time in their lives. Almost twenty per cent suffer from chronic headaches, with migraines comprising eight per cent of these. Headaches are responsible for more visits to the GP â€” and for more drugs bought â€” than any other condition. Where this conventional approach seems not to be working, the world of alternative health has excelled.Thoroughly researched and written in an engaging style, Pat Thomas discusses who gets headaches and why. She helps track down their causes and details a huge variety of solutions, from stress relief and diet to alternative remedies such as herbs, aromatherapy, massage, acupuncture and hypnotherapy.Including helpful charts, useful addresses and further reading, this book itself will be a welcome relief for the many headache sufferers out there.The CommonSense Approach series is a series of self-help guides that provide practical and sound ways to deal with many of lifeâ€™s common complaints. Each book in the series is written for the layperson, and adopts a commonsense approach to the many questions surrounding a particular topic. It explains what the complaint is, how and why it occurs, and what can be done about it. It includes advice on helping ourselves, and information on where to go for further help. It encourages us to take responsibility for our own health, to be sensible and not always to rely on medical intervention for every ill.Other titles in the series include Depression â€” The CommonSense Approach, Stress â€” The CommonSense Approach and Sleep â€” The CommonSense Approach.Headaches â€” The CommonSense Approach: Table of ContentsWhat are Headaches?What Type of Headache? Tracking Down the CauseRelief from StressThe Food FactorIs Your Home Giving You a Headache? Herbal RemediesHomeopathyAcupunctureHypnotherapyOsteopathy and ChiropracticAromatherapyChildrenâ€™s Headaches

Book Information

File Size: 370 KB

Print Length: 127 pages

Publisher: Newleaf (October 15, 1999)

Publication Date: August 5, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00MFLIAHW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #2,289,198 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #86

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #592

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Acupuncture

& Acupressure #660 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative

Medicine > Massage

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

Headaches â “ The Commonsense Approach: Become Your Own â ^Headache Detectiveâ™

Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other

Headaches in Children and Adolescents Handbook For Headache Relief: Headache...BE GONE!

Management of Headache and Headache Medications Headache Help: A Complete Guide to

Understanding Headaches and the Medications That Relieve Them- Fully Revised and Updated

Headache Free: Relieve Migraine, Tension, Cluster, Menstrual and Lyme Headaches The

Headache Prevention Cookbook: Eating Right to Prevent Migraines and Other Headaches Breaking

the Headache Cycle: A Proven Program for Treating and Preventing Recurring Headaches The

Headache Book: Prevention and Treatment for All Types of Headaches The Hormone Headache:

New Ways to Prevent, Manage, and Treat Migraines and Other Headaches Outwitting Headaches:

The Eight-Part Program for Total and Lasting Headache Relief Herbs to Relieve Headaches: Safe,

Effective Herbal Remedies for Every Type of Headache (Good Herb Guide Series) 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) User's Guide to Preventing & Treating

Headaches Naturally: Learn How You Can Use Diet and Supplements to Put an End to Headaches

(Basic Health Publications User's Guide) Stop Headaches Now: Take the Bite Out of Headaches

Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to

Bulging Disks, Degenerative Disks, and other diagnoses. Math Detective® B1 The Harbour

Master: An atmospheric Amsterdam detective investigation (DetectiveÂ HenkÂ vanÂ derÂ Pol)

Gemba Kaizen: A Commonsense Approach to a Continuous Improvement Strategy, Second Edition

(Mechanical Engineering) The Rules of "Normal" Eating: A Commonsense Approach for Dieters,

Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)